

Sr. Prep, Jr. Black & White Group Activities

Overview:

Back to Circuits M/W/F *with a shorter circuit W followed by Yoga*

Keep working hard, be positive and stay focused! We are closer to getting back in the pool. Remember our plan to come back in shape, **core strong**, and ready to have a fast & fun filled summer.

***Thursdays Core, Core 2, is a 500 Rep Challenge! It is tough but you can do it! Get passed the first 100 Sit ups and you are home free. Send me an email of how you do 😊**

Behind you, all your memories,
Before you, all your dreams,
Around you, all who love you,
Within you, all you need.

M/W/F: 5-10 minute Warm up
:30-40 minute **Circuit** work, Full body.

W : Is a 20 min Circuit followed by a Yoga class of your choice.
The Yoga class will also count as warm down
:5-10 minute Stretch to Warm Down

T/TH/S: :5-10 minute Warm up
20-30 minute Aerobic exercise, go for a run, bike ride, jump rope, or any activity to elevate your heart rate, not to max, but at a level you can keep going for 30 minutes. You can mix it up.
:15 minute **Core** work **TH core is a 500 Rep Challenge!**
:5-10 minute Stretch to Warm Down

Yoga. Improve flexibility, body posture and relax.

The YouTube link to an easy relaxing 20minute Yoga for beginners.

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Build on the Yoga and check out More Yoga with Adriene:

<https://yogawithadriene.com/free-yoga-videos/>

Warm up Options: You can do a Combo of both warm ups.

Always make sure your full body is warmed up and ready to go.

Option 1. Set 2 markers about 20 yards apart and do each activity there & back **twice**

1. Jog Forwards and Pedal backwards [Be careful]
2. Jog forwards, butt kicks back
3. Jog forwards, High knee skips back
4. Sidestep swinging arm above the head facing the same way there and back
5. Karaoke, there and back [facing the same way]
6. Forward walks with forward single Arm circles / Backwards walk with backward arm circles. Straight arms full circles keeping arms close to the ears.
7. Streamline lunges forward, Jog back
8. Soldier Walks forwards [Frankenstein's], jog back

Option 2. In one spot. :30 seconds of each exercise unless there is a specified # of reps
Go through the list twice

1. Jumping Jacks
2. Butt Kicks
3. High Knee Skips
4. Forward Lunges with a twist over the front leg
5. **10** Forward arm Circles and **10** Backwards [Full circles, by the ears]
6. **10** Start crosses. Full range of motion, not for speed
7. **6** Bent over, Hamstring Stretch. (**3R/3L**) Hands to the ground, be balanced and focused Leg High and straight
8. **4** Inch Worms. Stand up and Streamline between each one