

## Sr. Prep, Jr. Black & White Group Activities

It's hard to believe we are on week 8! I know it's hard to stay motivated but **Dig Deep** and stay mentally tough. Change is coming and we will be back in the pool soon 😊

Core this week is creating your own circuit from the listed exercises. Do 500 reps any way you want to! Get creative, write a workout and share it with a friend.

Feel Free to use the **Peloton Ap** or any Ap, or YouTube workout you want for your cardio. Peloton has numerous, no equipment, workouts. The cardio classes are great for everyone. They run for 5 min to 20 minutes and have some dance workouts too. The Strength Classes have some good Core workouts and body weight classes, the outdoor section has a wide variety of walk & run sessions, and the stretching offers 5-10-minute pre & post activity. **Nike** also has a workout Ap with a variety of core, cardio and strength workouts, with & without equipment.

**M/W/F:** 5-10 minute Warm up

:30-40 minute **Circuit** work, Full body.

**F :** ***Pick your favorite or the most challenging circuit!***

***Try do it better than before.***

: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. ***Check out some of the walk/ run classes in the outdoor section of the Peloton Ap or do something in the cardio section.***

:500 Rep **Core** work. Create your own Circuit

:5-10 minute Stretch to Warm Down \*

\* ***Feel free to Switch it up and look at some of the Peloton post workout stretches Or do a Yoga session as a post workout stretch anytime***

**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 warmups.

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