

Out-of-Water Workouts for CA at Nicholls
Senior White/Black- Week of April 13th

- Warm Up- Each Exercise do for 30 Seconds
 - [See Link Here for Video Demonstrations of Each Exercise](#)
 - Jumping Jacks
 - Walking Knee Hugs
 - Backward Arm Circles
 - Forward Arm Circles
 - Side Shuffles- Both Directions
 - Backpedaling- Jogging Backwards
 - Lunges- Arms at Sides
 - Squats
 - Leg Swings- Right Leg
 - Leg Swings Left Leg
 - Inchworms- See Link Above
 - Karaoke- Both Directions
- Workout (3 Days a Week)- Do This 2x Through. Each Exercise is 1:00 on with a :15 Transition. Take a Short Break (about 2-3min) After Round 1.
 - Plank Push Up Position- [Video Link Here](#)
 - Arms-High Partial Sit Up- [Video Link Here](#)
 - Side Plank on Left Elbow [Video Link Here](#)
 - Squats Jumps Streamline- [Video Link Here](#)
 - Side Plank on Right Elbow [Video Link Here](#)
 - Flutter Kicks on Back- Toes Pointed, Keep Legs about 1-2 ft. off Ground
 - Mountain Climbers [Video Link Here](#)
 - Jumping Lunges- [Video Link Here](#)
 - Russian Twists- [Men's Video Link Here](#) [Women's Video Link Here](#)
 - Burpees- [Video Link Here](#)
 - 12 minute run or jog
- Running Workout- 2 Days a Week
 - 30 Minute Run or Jog.