

**Out-of-Water Workouts for CA at Nicholls**  
**Senior White/Black- Week of April 28<sup>th</sup>**

- 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.