

White Group,

We are in uncharted territory situation. I would like all to attack the following with effort and focus. This will enable us to get back to work on our return ahead of where we would be if you chose inactivity. I look forward to that day.

Dig Deep and Keep Moving!

Coach Billy

### **Monday/ Wednesday/Friday**

1. Dynamic warm up,
2. 25 minute aerobic activity (run/jog/hike, bike, stairs- can be different each)
3. Pull ups (10 girls/20 boys) if unable to do pull up substitute pushups to failure
4. Ab circuit (see separate PDF) may do either one- your choice
5. Post Workout Stretch

### **Tuesday/ Thursday/Saturday**

1. Dynamic warm up
2. Circuit (see separate PDF)
3. Post Workout Stretch

#### Dynamic Warm Up

:30 A Skips

:20 Butt Kicks

:10 RUN in place- drive knees high

:30 Shoulder Gators

:60 Dynamic Runners Lunge

:30 Knee Hugs Alternating

:30 Forward Shoulder Circles (small and tight)

:30 Reverse Shoulder Circles (small and tight)

:30 Dynamic Quad Stretch

:30 In place Hamstring Scoops

5 x Inch Worms with push up (hands walk out and then walk back with big stretch at top)

20 x Jumping Jacks

#### Post Workout Stretch

10 x World's Greatest Stretch

:30 Kneeling Quadriceps Stretch Right

:30 Kneeling Quadriceps Stretch Left

:30 Standing Hamstring Right

:30 Standing Hamstring Left

:20 Lateral Hip Openers

:20 Low Back Stretch Left

:20 Low Back Stretch Right

:30 Figure Four Stretch Right

:30 Figure Four Stretch Left

:30 Butterfly

World's Greatest Stretch Video: <https://www.youtube.com/watch?v=nG38sH8fwSM>