Provincial Squad Updates 2:

March Birthdays: Jeslyn Arel-29th -yesterday [Passed earlier this month: Alexandra Vieira & Franco Mejia Batres-4th, Emma Baglione-17th & Lucas Smith-24th]

For those that feel themselves losing flexibility, the stretching sheet(s) will also be linked 0n the Practice changes page.

The dryland assignments from last week should be completed, in any order, as you see fit. They are for longer periods of down-time. This week we add in some intensity workouts, where we have 20 minutes (or less time), to complete; but still wish to do a quick workout.

These exercises can be done within the household, or outdoors, weather compliant. As always, be safe when exercising in confined spaces. Have your water handy…Maybe a towel -to mop up the sweat!

*Alphabet of Exercises For The Quick-Fit Body -to Accomplish*

Do all at a high-rate, 10”-15” between exercises only. Then 40”-1’ between rounds

Workout 1: [10’]

4 x (a-Skipping @ 30 turns, b-Burpees x4, c-Mountain Climbers x16, d-Push Ups x4, e-Push Up to a 5” Star Hold x4, f-Plank to Push Up x8, g-Surfers x8)

Workout 2: [10’-15’]

5-6 x (h-Crunches, i-Side Leg Lifts x2 legs, j-Seated Scissors, k-Cross Elbow to Knee Sit-ups (obliques), l-Mountain Climbers, m-Tuck Jumps, n-Knee-ups/Run on the Spot) Do each exercise as hard/as many reps as possible in 15” with only 10” rest between exercises. Here, only 30”-45” between rounds to sweat it all out 😉

Workout 3: [12’-16’]

3-4 x (o-Side Plank @ 10” hold, p-Push Up to 5” Star Hold x6 reps, q-Lunges x8, r-Knee-ups/Run on the Spot @ 10”, s-Plank @ 10” hold, t-Dips x8, u-Squats x8, v-Step-Up/Down {or 2 step up/down} @ 10”, w-Crunches @ 10”, x-Push Ups x8, y-Wall-Sit @ 10”, z-Jumping Jacks with regular arm motion x8) Remember INTENSITY!! Always as many as you can in allotted time.

\*\*Due to the current situation, we will not return to the pool until May 1st -at the earliest. The City of Brampton has shut down facilities until minimum of April 30th to coincide with provincial guidelines for public safety. Land workouts will be our friend until the time comes to return.