Provincial Squad Updates:

March Birthdays we’ve missed: Emma Baglione-17th, Lucas Smith-24th, Jeslyn Arel-29th

\*\*Due to the current COVID-19 situation, we may not return to the pool for some time. The following are a few dryland workouts to be completed at home. They should require 40’-50’ to complete and should be done 3-4 times per week (or more often if desired). PLEASE BE SAFE

Begin All sessions with Activation Exercises- Recall, 10 reps each of the following:

[Single arm swings forward/backward x2; Double arm circles forward/backward x2; Double arm swings forward/backward x2; Cross-over, Touch, Reach and Stand; Neck rotations; Squats; Lunges holding Streamline position; Leg Swings Forward/Backward x2; Leg Swings crossover in front/behind with rotation; Heel (front)-Toe (behind) touches; Heel (front)-Heel (behind) touches with hip rotation] – Completion time 7’-8’ total

*10 Exercises Items to Accomplish*

Workout 1: [35’-40’]

a) Activation b) Skipping 3x(3x30 turns w 15” rest)+30” c) Stairs 6x(2up, 2down @40”)+20”

d) Tuck jumps 7x7 +15” rest e) Crunches 6x20 AFAP +30” rest f) Cycles 6x20 +30” rest

{g) Supermans 2x8 +20” rest h) Alternating Supermans 2x8 +20” rest i) Prisoner 2x8 +20”rest} hold each for 5”

j) Inchworms x10

Workout 2: [40’-45’]

a) Activation b) Skipping 6x40 turns +40” rest c) Burpees 3x8 +30” rest

d) Crunches-with elevated legs (knees bent to be parallel with the floor) 5x25 +30” rest

e) Plank 4x25”hold +35” rest f) Side Plank 2x(2sidesx25”hold)+35” rest

g) Plank to Push Up 6x(hold plank 5” into 5 pu) +30” rest

h) Dips 6x10 +20” rest (use a solid foundation here – not the wobbly chair)

i) Reverse Lunge 6x10 +20” rest j) Inchworms x14

Workout 3: [45’-50’]

a) Activation b) Skipping 7x50 turns +45” rest c) Jog on the spot 6x(15”on 15”off, 15”on 20”off, 15”hard 30”off)

d) Crunches-with elevated legs (shins extended-tilt legs higher from knees -120⁰ from floor) 4x30 +45” rest

e) Prone Flutter 4x30 +20” rest f) Side Single Leg Lift 2x(2sidesx30) +20” rest

g) Push Up with Single Arm Upright Row 4x10 -alternate arms +1’ rest

h) Donkey Kicks 6x12 +45” rest -alternate legs

i) Wall-Sit 3x40” +1’ rest j) Inchworms x12

Workout 4: [45’-50’]

a) Activation b) Skipping 8x60 turns +50” rest c) Stair Hop/Jump 6x10 +30” (2 foot take-off & landing)

d) Jumping Jacks 3x10rep each{(i)regular (ii)arms side to side at chest height (iii)arms extend forwards at chest height} +1’ rest

e) Mountain Climbers 4x16 +30” rest f) Surfers 4x16 +30” rest

g) Push Up to Star hold 2sidesx(4x10” hold) +20” rest

h) Reverse Crunch 4x25 +1’ rest

i) Bridge Hold (Pelvic tilt with arms supported flat on floor) 7x10” hold +20” rest

j) Inchworms x8