Provincial Squad -Update -January 2021:

**January Birthdays**: Ambar Dhadwar-8th, Savannah Kress-13th, Annabeth Lampitt-21st, Mackenzie Beltran-23rd, Zach El-Sayed-29th. Happy Birthday wishes to all 😊

We have been issued a new “stay-at-home” order in effect until February 10th. This means our swimming part of the season has been delayed even longer (at least mid-February). With this in mind; below are 3 at-home exercises to help keep up some fitness levels. Hopefully, they are engaging enough to maintain your attention. The rest between exercises and sets are recommended times that can be adjusted based on your time constraints.

As always, practice all exercises safely during and between each activity. Playing some music in the background is helpful for keeping you engaged.

**Required/Needed items**: Exercise mat, timing device, stairs, skipping rope, light free weights (**LFW -**can be books or any other hand-held item with a little heft to them-be creative if you do not have any free weights available to you), hydrating fluids.

*Beginning Some Fitness Exercises*

All exercises require proper technique. Please allow 15-20” rest between exercises and 1-2’ between rounds.

Workout 1:

3 x [A-Stairs -2up/2down @3x 20” active, B-Side Plank 2x 15” hold, C-Alternating Supermans x12, D-Double Crunches x8 (head/shoulders & legs raise at the same time)]; Inchworms x6

Workout 2:

3 x [A-Skipping (or hopping in place if no rope available) @ 40 Successful Turns, B-Forward Arm Raises with LFW 2x8, C-Lateral Arm Raise (both arms at the same time) with LFW 2x8, D-Lunges x 12]; Inchworms x6

Workout 3:

5 x [A-Tuck Jumps x6, B-Burpees x12, C-Wall-Sit @ 20”, D-Push Ups 2x8]; Inchworms x6

Alternate Days:

Between workouts: 2 Days Light run/jog/walk @ 10-15’, 1 Day more intense run/jog/walk @15-20’ each followed by flexibility exercises – All done in a safe area. *Taking the dog/pet/family member out for a walk does count!*

\*\*Each workout should require approximately 12-18’ to complete, outside activity @10-20’ to complete.