Provincial Squad -Update -Jan/Feb 2021:

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

**February Birthdays**: Ashton Dinglasan-14th, [Coach-Taylor Young-16th], Katiana Wieczorek-28th.

Happy Birthday wishes to all 😊

Our “stay-at-home” order continues to be in effect until (at earliest) February 10th. Keeping the potential of vast boredom in mind, I’ve added some more at-home workout exercises. These are designed to help maintain some explosive strength. As always, there are many different ways to maintain your fitness; so, you are encouraged to be creative with your ideas and incorporate them into your workouts, as you see fit. Rest between exercises is recommended to prevent anyone from “over-doing” things (for those avid/antsy to keep moving). All times may be fine-tuned based on your workout time constraints.

Please, practice all exercises safely during and between each activity. Keep that music going, to help motivate you.

**Required/Needed items**: Exercise mat, timing device, sweat towel and hydrating fluids. Also, space to fully stretch out and a high enough ceiling for a jump up.

*Explosive Strength/Timing Exercises*

All exercises require proper technique. Please allow 1-2’ rest between rounds.

Explosive Workout 1:

1’ @ 2x(3 push-ups + 3 Burpees); 2’ @ 3x(4 push-ups + 4 Burpees); 3’ @ 4x(3 push-ups + 3 Burpees); 4’ @ 3x(5 push-ups + 5 Burpees); 5’ @ 4x(5 push-ups + 3 Burpees); Inchworms x6

Explosive Workout 2:

1’ @ 2x(5 push-ups + 16 Mountain Climbers); 2’ @ 3x(4 push-ups + 20 Mountain Climbers); 3’ @ 4x(3 push-ups + 28 Mountain Climbers); 4’ @ 3x(6 push-ups + 24 Mountain Climbers); 5’ @ 4x(6 push-ups + 32 Mountain Climbers); Inchworms x7

Explosive Workout 3:

1’ @ 2x(16 Mountain Climbers + 3 Burpees); 2’ @ 3x(20 Mountain Climbers + 4 Burpees); 3’ @ 4x(24 Mountain Climbers + 5 Burpees); 4’ @ 3x(20 Mountain Climbers + 6 Burpees); 5’ @ 4x(16 Mountain Climbers + 7 Burpees); Inchworms x8

**Helpful hints**: Workout 1 is completed as follows:

You have 1 minute to do 3 push-ups, then 3 burpees, then 3 more push-ups and another 3 burpees (i.e. 2 rounds). Then take 1-2 minutes of rest. Next, you have 2 minutes to complete 3 rounds of 4 push-ups and 4 burpees. Again take 1-2 minutes to rest. Step 3 is now up to 3 minutes to complete 4 rounds of 3 push-ups and 3 burpees. Then, take 2 full minutes of rest! Step 4 is 4 minutes to complete 3 rounds of 5 push-ups and 5 burpees. More rest of 1-2 minutes. Finally, 5 minutes to complete 4 rounds of 5 push-ups and 3 burpees.

(Workouts 2 and 3 are to be conducted in a similar fashion to the above).

As the title suggests, all exercises should be done with explosive power. If done correctly, there will be lots of sweat!

Alternate Days:

Between workouts: 3 Days Light run/jog/walk @ 10-15’, follow with flexibility exercises – All done in a safe area.

\*\*Each workout should require approximately 25-30’ to complete.