

## **Warm Up: Dynamic Warm-up**

Find a space of about 15-20 yards where you can do some running between and during exercises.

1. 3x [Run to end – skip on the way back]
2. 3x [Run to end – butt kicks on the way back]
3. Right Leg Frankenstein (kick left hand) – run back
4. Left Leg Frankenstein (kick right hand) – run back
5. Lunge and Reach + Knee Hug – run back
6. 7x Inch worm + 3 push ups or shoulder squeezes depending on strength + run back
7. Walking Quad Stretch – Run back
8. 4x [15 Jumping Jacks + 7 push ups or shoulder squeezes]

This Dynamic warm up if done the right way should take 10 – 12 minutes and will get their body very warmed up. If they do without any breaks then they should have a little sweat going by the end.

## **Medicine Ball / Jump Rope workout:**

They will need your help with this to tell them when to start exercise / stop / and restart. If they need help knowing what an exercise is then text me and I will send a quick video of what it looks like.

### 1. Two Rounds of the Following

2x [:45 Jump Rope Smooth Speed - :30 Plank - :15 REST to get JR and be ready to go for next round]

2x [:30 Jump and Reach Smooth Speed - :30 Toes to ceiling Smooth Speed – 10 Squats holding MB at chest – 1:00 REST] **\*\*Total time of this should take 10 – 12 minute\*\*\***

**So you do 2x of the Jump Rope Exercises and 2x of the MB exercises and then repeat.**

### 2. **3:00 Water Break**

### 3. Two Rounds of the following:

2x [:30 Jump Rope FAST AS POSSIBLE! – 3x Streamline Jumps - :30 Plank - :30 REST]

2x [:30 Jump and Reach Smooth Speed - :30 Toes to ceiling Smooth Speed – 10 Squats holding MB at chest – 1:00 REST] **\*\*Total time of this should take 10 – 12 minute\*\*\*. Like before do 2x of the fast Jump rope and 2x of the MB and then repeat.**

## **Meditation:**

Spend 3-5 Minutes laying down, eyes closed, picturing yourself swimming. Think about how the water feels – you head position – see yourself doing great streamlines.

#BELIVEINOST!