



## **Virtual Dryland LC 2020**

### **Warm Up Module**

Warming up for exercises should be dynamic: raising the body's temperature, increasing blood flow, and preparing muscles for the stress of a workout. Module should take roughly 10 minutes to complete.

#### **1. Basic Coordination (10 steps) (Do all)**

- Forward and Backward Jog
- Forward and Backward Skip
- Carioca
- Side Shuffle
- Monster Walk
- Bear Crawl
- Crab Walk
- Right/Left Foot Hops

#### **2. Core Activation (10 reps) (Body Weight)**

- Chop side to side
- Chop up and down
- Chop shoulder to hip

#### **3. Lunge and Reach (3 lunges each leg) (forward/side/drop down)**

- Round 1 reach hands up
- Round 2 reach hands forward
- Round 3 reach hands across body

## **Mobility and Stability Module**

The goal of mobility and stability is that the parts of the body that should be stable are stable, and the parts of the body that should be moving are moving. Mobility is the range of uninhibited movement. Stability is the ability to maintain or control movement. Module should take roughly 10-15 minutes to complete. Rep ranges will vary by week.

### **1. Squat Series (6 reps).**

- Overhead Squats
- Front Squats
- Overhead Squat and Twist
- Front Squat and Twist

### **2. Non-Cord Series (20 reps).**

- Scarecrow
- Forearm Pushups
- Hands and Knees Pushups
- Straight Arm Pushups
- Arm Step Up (20 alternate arms/20 side to side)
- Prone Arm Slide w/W
- Wall Slides

### **1. Bench Jumps: 1-2 X 8-15 reps.**

## **Strength and Conditioning Module**

Strength & Conditioning exercises specifically improve performance in athletic competition, help with injury prevention, and develop proper mechanics. S&C exercises will provide a strong foundation in developing the necessary skills to enjoy any chosen sport or activity. One session will be devoted to strength exercises, one session will be devoted to conditioning exercises. Module should take 15-20 minutes. Rep ranges will vary by week.

### **Strength Exercises**

1. Push Ups: 3x 6-10 reps.
2. Calf Raises: 1-2 X 6-10 reps.
3. Bench Dips: 1-3 X 6-10 reps.
4. Static Push Up Hold: :15-:30 in plank/:15-:30 in drop.
5. Goblet Squat w/wo Object: 3x 6-10 reps.
6. Partner Lying Hamstring Curl: 15-30 reps.
7. Partner Seated Leg Extension: 15-30 reps.

### **Conditioning Exercises**

#### **1. Jump Rope Series.**

- 50 Forward
- 20 Right Foot
- 20 Left Foot
- 30 Backwards
- 5 Double Unders

#### **2. Plyometric Series (10 Reps).**

- Pogo
- Star Jump
- Double Leg Butt Kick
- Knee Tuck Jump
- Split Jumps
- Box Jump Progression (Low height to higher height)

#### **3. Mountain Climbers: :30 on/:30 off.**

## Core Module

Exercises are designed to strengthen your abdominal and posterior core muscles. Module should take 5-10 minutes to complete. Rep ranges will vary by week.

### **1. Plank Series (Hold for 30 seconds each)**

- Plank Position
- Plank Push Position
- Plank w/hip dips
- Plank w/alternate leg raise
- Side Plank (Left and right)
- Bird Dog

### **2. Flutter Kick: :30 on/:30 off.**

### **3. Plank Chest Tap: 10-30 reps**

### **4. Crawling Series (All forward and Backwards)**

- 10 Baby Crawl
- 10 Table Top Crawl (forward and sideways)
- 10 Inchworm
- 10 Alligator
- 10 Plank Walk (forward and sideways)