

LCAT Dryland	Day 1	Day 2	Day 3	Day 4	Day 5
	Warm up	Warm up	Warm up	Warm up	Warm up
	Fabulous Five	Fabulous Five	Fabulous Five	Fabulous Five	Fabulous Five
	<p>5 pull ups 5 pushups 10 squats 2 min work/1 min rest</p> <p>Max rounds in 11 min</p>	<p>10 Walking lunges 3 broad jumps 20 Mountain climbers</p> <p>90 sec rest</p> <p>5 rounds</p>	<p>5 hip thrusters 5 plank knee to elbow ea. Side 5 burpees 5 yoga push up</p> <p>5 rounds for time</p>	<p>Wall Sit Variation #1 5 chess press 5 overhead press 5 Straight tArm raises Rest 90 sec</p> <p>Wall Sit Variation #2 10 pulses *no more than an inch Hold sit :30 repeat 5 times</p> <p>Repeat 3 rounds</p>	<p>Plank Challenge 1 min elbow Rest :30 1 min side plank *lift leg to add challenge Rest :30 1 min elbow with march *no more than an inch off ground Rest :30 1 min side plank *lift leg to add challenge Rest :30 1 min straight arm plank alternate knees to elbows</p> <p>Repeat 2-3 rounds</p>
	Stretch/Foam Roll	Stretch / Foam Roll	Stretch / Foam Roll	Stretch / Foam Roll	Stretch / foam roll

Daily

Choose one 5-10 min warm up each day/ switch off each day

10 Cardio Challenge (Jumping Rope) if you don't have one you may use your imagination

2 min- concentrate on staying in one spot on the floor (increases your focus)

2 min- Skip Forward

2 min- kick your butt with heels (work the back of legs)

2 min - lift your knees higher with each jump (work front of legs)

2 min - increase your jumping time or pace without losing form

5 minute Stationary run

:30 jog in place

:30 high knee run in place

:30 jog in place

:30 heel/butt kicks

:30 jog in place

:30 double foot hops

:30 jog in place

1:00 single leg hops *switch at :30

:30 jog in place

5 minute Jumping Jack Challenge “more isn't better, better is better”

Technique tip: stay lifted through your waist, don't roll onto sides of ankles, don't let your mind wonder

1 min emphasize pulling or squeezing your legs together and pulling your arms down to your side. Imagine being pulled into a tight column each time your legs and arms are together

1 min Keep elbows bent (as if playing an accordion each time you jump and jack)

1 min Press arms up and push legs apart (as if you are doing a jumping jack underwater)

1 min Squat Jump Jack (each time you land add squat)

1 min incorporate as many of the above moves as possible

Fabulous Five

1. Single Leg

Goal: to extend your reaching leg in position of your core while remaining still in your upper body

Step by step

1. Sitting with your knees bent, take hold of your right leg and pull into your chest with your inside hand on the knee and the outside hand on ankle
2. Roll your back down onto the mat bringing your bent leg with you
3. Extend your opposite leg out in front and hold it above the floor/mat at an angle that allows you back to remain flat on the floor
4. With your elbows extended and your chin lifted onto your chest inhale and sink your belly button into your spine
5. Exhale and switch legs bringing the outside hand to the ankle and the inside hand to the knee, stretch and extend your leg long out of your hip and in line with center of body
- 6. *Imagine you are using your extended foot to give a push to a child on a swing***
7. Repeat 5-10 sets end by pulling both knees to chest to prepare for double leg stretch

****DONT LET YOUR EXTENDED LEG FALL BELOW HIP LEVEL. KEEPING LEG AT THAT HEIGHT ENABLES YOU TO MAINTAIN A FLAT BACK**

****DONT LET YOUR CORE DISENGAGE WITH SWITCHING LEGS, SCOOP YOUR BELLY IN AT ALL TIMES AND PRESS YOUR SPINE IN TO THE FLOOR AS YOU SWITCH**

2. Double leg

Goal: to remain perfectly still in your core, chin to chest, throughout the movements

Step by step:

1. Lie on your back with both knees pulled into your chest, elbows extended and head lifted
2. Inhale deeply and stretch your body long, reaching your arms back over your head and your legs long out in front of you and raised off the floor about 45 degrees
3. As you exhale bring your knees back into your chest and circle your arms around to meet them
- 4. *Imagine you are backstroking through peanut butter***
5. Pull your knees deeply into your chest to increase the emphasis on the evaluation, as if you are squeezing the air out of your lungs
6. Repeat 5-10 times ****remain still in your torso as you inhale to stretch and exhale to pull.** End by pulling both knees into your chest with a deep exhalation and go on to the single straight leg stretch

**** DONT LET YOUR HEAD FALL BACK AS YOU STRETCH YOUR ARMS ABOVE YOUR HEAD. KEEP NECK SUPPORTED BY STAYING COMPLETELY STILL IN UPPER BODY AS YOU PERFORM MOVEMENT (CHIN TO CHEST)**

3. Single straight leg

Goal: to pull from your ankle without rocking your upper body

Step by step

1. Lie on back. Extend your right leg straight up to the ceiling and grab the calf or ankle if possible, with both hands as you stretch the left leg long in front of you keep it hovering above the floor.
2. Anchor your torso firmly to the floor and lift your head onto your chest. Make sure you feel your spine pressing down into the floor beneath you
3. While remaining still in your torso, pull the raised leg toward your head (keeping it straight) quickly switch the straight legs by scissoring them past each other
4. **Imagine your legs are as straight and strong as those of a soldier marching in combat boots**
5. Repeat motion, inhale for 1 set, and then exhale for 1 set
6. Complete 5-10 sets. End by bringing both legs together at 90 degrees and place both hand behind your lifted head to prepare for double leg stretch

**DONT LET YOUR UPPER BODY MOVE WHEN TRANSITIONING

** DONT SINK INTO YOUR SHOULDERS. KEEP LIFTED FROM THE BACK OF CHEST AREA INSTEAD

4. Double straight leg

Goal: to keep your center glued to the floor and remain still in your upper body

Step by step

1. Lie on back with your hands one on top of the other and not interlaced behind your lifted head, legs extend straight 90 degrees toward ceiling. Squeeze your inner thighs together so no light comes through them
2. Make sure your torso is anchored to the floor and your head is lifted onto your chest with our overstretching the muscles in your neck. Do not allow your hands to pull weight of head forward . Use your abdominals and upper back muscles to lift you
3. Squeeze your glutes for stability in lower back and begin lowering your straight legs down toward the floor as you inhale. STOP if you feel your lower back arch off the floor
4. Squeeze glutes tighter exhale as you raise your straight toward the ceiling . Feel your chest pressing slightly toward the legs as they return to their upright position. **Imagine you have a bowling ball on your core pinning you to the floor**
5. Focus on keeping head and torso (includes the hips) absolutely still as you lower and raise the legs.
6. Repeat 5-10 times. End by bringing both knees to chest to prepare for crisscross

**DONT lower legs past the point of comfort for your spine, maintain a scoop in your belly throughout the movement and keep back pressed to floor.

5. Crisscross

Goal: To keep your center rooted to the floor while twisting

Step by step

1. Lie on your back with your hands behind your lifted head and shoulders and your knees bent into your chest

2. Extend left leg out long about 6 inches off the floor while twisting your upper body until your left elbow touches your right knee. Inhale as you lift
3. Look back at your right elbow to increase the stretch and hold the position as you exhale. Make sure your upper back and shoulders do not touch the mat as you twist and hold the stretch
4. Switch the position by inhaling and bring your right elbow to your left knee while extending the opposite leg out in front of you hold and exhale completely
5. ***Imagine you are being anchored to the floor so that you can't rock from hip to hip***
6. Complete 5-10 sets.

** DONT RUSH THROUGH THIS EXERCISE. FEEL THE TWIST AND HOLD AS YOUR EXHALE COMPLETELY

** DONT ROCK BODY SID TO SIDE. MORE STEADY YOU REMAIN THE MORE EFFICIENTLY YOU WORK

** DO NOT ALLOW OUTSTRETCH LEG TO DROP TOO LOW IN FRONT OF YOU, SQUEEZ GLUTES