

April 13, 2020

**BEAT THE VIRUS BY STAYING IN SHAPE!**

**GENERAL WARM UP for all ages across before each dryland starts!**

**Option 1:** 5-10 min active stretch + 2x (20 Jumping Jacks, 15 Burpees, 10 Push-ups) 1 min rest between 2 sets + 2x plank hold (30 seconds ON, 30 seconds OFF)

**Option 2:** 5 min active stretch + 1 mile (8-15 min) lite run + 2x (15 Jumping Jacks, 30 sec Plank hold) 1 min rest between 2 sets

**Option 3:** 5 min active stretch + 5x (1' min ON and 30" sec OFF jump rope) + 2x plank hold (30 seconds ON, 30 seconds OFF)

**All groups switch between Day 1 and Day 2 workouts**

**Pre-Development- Development group:** Do this dryland exercise 3-5 days a week

**Day 1: upper body, shoulders, arms**

General warm up option of your choice

1x Pull-up or Pull-up HOLD 5"sec - 30" sec rest

2x Pull-ups or Pull-up HOLD 10"sec - 40" sec rest

3x Pull-ups or Pull-up HOLD 15"sec - 50" sec rest

4x Pull-ups or Pull-up HOLD 20"sec - 2' min rest before next set

5x 8 Push-ups with leg lift on 60" sec rest between each set (with each push up, raise your leg straight up. Switch legs with each push up rep)

2 min rest

5x 8 triceps dips on 60" rest

4x 30" sec flutter kick / 60 sec tip-toe jumps - 90" sec rest between sets

10-15' min [stretching – warm down](#)

**Day 2: core, legs**

General warm up option of your choice

4x 15 sit up twister - 25" sec plank hold - 15x lower back lifts

(90"sec rest between the entire set, 10" rest between small sets)

4x 15 mountain climbers – 10 jumps – 1 min jump rope

(1 min rest between the entire set, 10" rest between small sets)

10-15' min [stretching – warm down](#)

**Silver-Silver Elite groups:** Do this dryland exercise 4-5 days a week

**Day 1: upper body, shoulders, arms**

General warm up option of your choice

6x 25 Fly **stretch cordz** on 90" sec interval. **SILVER color-light resistance**  
(easy speed-medium tension, press all the way back to hip level, elbow horizontal relax going forward, Technique)

2x Pull-up or Pull-up HOLD 5"sec - 30" sec rest

3x Pull-ups or Pull-up HOLD 10"sec - 40" sec rest

4x Pull-ups or Pull-up HOLD 15"sec - 50" sec rest

5x Pull-ups or Pull-up HOLD 20"sec - 2' min rest before next set

5x 12 Push-ups with leg lift on 60" sec rest between each set (with each push up, raise your leg straight up. Switch legs with each push up rep)

2 min rest

5x 8 triceps dips on 40" rest

4x 30" sec flutter kick / 60 sec tip-toe jumps - 90" sec rest between sets

10-15' min [stretching – warm down](#)

**Day 2: core, legs**

General warm up option of your choice

4x 20 sit up twister - 30" sec plank hold - 15x lower back lifts – 15x Sklápačky  
(90"sec rest between the entire set, 10" rest between small sets)

4x 15 mountain climbers – 15 jumps – 1 min jump rope

(1 min rest between the entire set, 10" rest between small sets)

10-15' min [stretching – warm down](#)

**Gold group:** Do this dryland exercise 5 days a week

**Day 1:** upper body, shoulders, arms

General warm up option of your choice

8x 25 Fly **stretch cordz** on 90" sec interval. **YELLOW color-medium/light resistance** (easy speed-medium tension, press all the way back to hip level, elbow horizontal, relax going forward, Technique!!)

3x Pull-up or Pull-up HOLD 10"sec - 30" sec rest

4x Pull-ups or Pull-up HOLD 15"sec - 40" sec rest

5x Pull-ups or Pull-up HOLD 20"sec - 50" sec rest

6x Pull-ups or Pull-up HOLD 25"sec - 2' min rest before next set

5x 15 Push-ups with leg lift on 60" sec rest between each set (with each push up, raise your leg straight up. Switch legs with each push up rep)

2 min rest

5x 10 triceps dips on 45" rest

4x 45" sec flutter kick / 60 sec tip-toe jumps - 90" sec rest between sets

10-15 min [stretching – warm down](#)

**Day 2:** core, legs

General warm up option of your choice

4x 25 sit up twister - 40" sec plank hold - 15x lower back lifts – 15x Sklápačky (90"sec rest between the entire set, 10" rest between small sets)

4x 20 mountain climbers – 15 jumps – 1 min jump rope

(1 min rest between the entire set, 10" rest between small sets)

10-15' min [stretching – warm down](#)

**Pre-Senior – Senior groups:** Do this dryland exercise 5-6 days a week

**Day 1: upper body, shoulders, arms**

General warm up option of your choice

4x 50 cordz on 1 min rest (odd fly, even free) – eazy effort

8x 30 cordz on 2 min (medium speed, 60-70% of max)

**GREEN color and above (what you have been using this season so far)**

4x Pull-up or Pull-up HOLD 15"sec - 1' min sec rest

5x Pull-ups or Pull-up HOLD 20"sec - 1' min sec rest

6x Pull-ups o Pull-up HOLD 25"sec - 1' min sec rest

7x Pull-ups or Pull-up HOLD 30"sec - 2' min rest before next set

5x 15 Push-ups with leg lift on 60" sec rest between each set (with each push up, raise your leg straight up. Switch legs with each push up rep)

2 min rest

5x 12 triceps dips on 45" rest

4x 1' min flutter kick / 60 sec tip-toe jumps - 90" sec rest between sets

10-15 min [stretching – warm down](#)

**Day 2: core, legs, cordz**

General warm up option of your choice

2x 100 cordz (free only) – eazy effort

4x 60 cordz (40 medium/20 fast all free only)

4x 30 sit up twister - 40" sec plank hold - 15x lower back lifts – 15x Sklápačky (90"sec rest between the entire set, 10" rest between small sets)

4x 25 mountain climbers – 15 jumps – 2 min jump rope

(1 min rest between the entire set, 10" rest between small sets)

10-15' min [stretching – warm down](#)

**Pull-ups** - grip the bar slightly wider than shoulders. Hands away or towards you (your choice). Start from hanging all the way down with straight arms. Pull yourself up until your chin is above the bar. Pause for split of the second. Lower yourself all the way down till arms in straight position again. BREATH IN going up. BREATH OUT going down!

**Pull up Hold** 5-10-15-20+ seconds (pull-up till your chin is all the way above the bar and hold for the amount of time written in the set

**Push Ups** - Deep. Chest all the way down within 2 inch of touching the floor. If difficult to do. Go for push up from your knees. BREATH IN going down, BREATH OUT going up

**Jumps** - High up, max each one

**Sit Ups** - Elbow touching knees each time. Legs at 90-degree angle with back flat on the floor. BREATH IN going down, BREATH OUT going up towards knees

**Lower back lifts** - lying face down on your stomach, feet locked in stable position arms behind your head, lift up as far you can

**Sit-up twister** - each sit up bring your elbow to your opposite knee and make a contact. Right elbow to outside of your left knee, Left elbow to outside of your right knee.

**Sklápačky** - lying on your back in streamline position. Lift up arms and legs all the way up to touch your feet while pivoting on your bottom. Try keeping your legs straight

**Tricep Dip** - Sit on the edge of the chair, bench and grip the edge next to your hips. Your fingers should be pointed at your feet. Your legs are extended or at angle. Your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up.

Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair.

Lower yourself until your elbows are bent between 45 and 90 degrees.

Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.

**\*Push-ups / Pyramid of 5+:** 1x push up, 2 push-ups, 3 push-ups, 4 push-ups, 5 push-ups, 4 push-ups, 3 push-ups, 2 push-ups, 1 push up) rest between push-ups is to just stand up all the way and than go back down to push up position- approximately 5-7" seconds rest

**\*\*Pull-ups / Pyramid of 5+:** 1x pull-up 45" sec rest, 2x pull-ups 45" sec rest, 3x pull-ups 45" sec rest, 4x pull-ups 45" sec rest, 5x pull-ups 45" sec rest, 4x pull-ups 45" rest, 3x pull-ups 45" rest, 2x pull-ups 45" sec rest, 1x pull-up 45" seconds rest