

April 20, 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: core, legs, cardio

General warm up option of your choice

2x (1 min jump rope – 10 jumps – 1 min jump rope – 10 jumps)

2 min rest between sets and 10" sec rest between exercises)

2x (15 mountain climbers – 30"sec flutter kick – 10 mountain climbers -25" sec plank hold)

2 min rest between sets and 10" sec rest between exercises)

2x (15 sit-up twisters - 10 lower back lifts – 1 min jump rope - 15 sit-up twisters)

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

Day 2: upper body, shoulders, arms

General warm up option of your choice

***Push-up Pyramid of 5** with leg lift (with each push up, raise your leg straight up. Switch legs with each push up rep)

2 min rest

1 min Sit-ups (all out max count of sit-ups in 60" seconds)

2 min rest

1 min Push-ups (all out max count of sit-ups in 60" seconds)

2 min rest

1 min Pull-ups (all out max count of sit-ups in 60" seconds)

2min rest

Fun bike ride for warm down!!

Reps #

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

Day 1: core, legs, cardio

General warm up option of your choice

Stretch cordz fly 2x 15-20-25-30 with same seconds rest as reps and 2 min rest on set

SILVER color-light resistance (easy speed-medium tension, press all the way back to hip level, elbow horizontal relax going forward, Technique)

2x (90"sec jump rope – 12 jumps – 90" sec jump rope – 12 jumps)

2 min rest between sets and 10" sec rest between exercises)

2x (20 mountain climbers – 30"sec flutter kick – 20 mountain climbers -30" sec plank hold)

2 min rest between sets and 10" sec rest between exercises)

2x (20 sit-up twisters - 15 lower back lifts – 90" sec jump rope - 20 sit-up twisters)

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

Day 2: upper body, shoulders, arms

General warm up option of your choice

***Push-up Pyramid of 8** with leg lift (with each push up, raise your leg straight up.

Switch legs with each push up rep)

3 min rest

90" sec Sit-ups (all out max count of sit-ups in 90" seconds)

3 min rest

90" sec Push-ups (all out max count of sit-ups in 90" seconds)

3 min rest

90" sec Pull-ups (all out max count of sit-ups in 60" seconds)

3min rest

Reps #

6x 6 triceps dips on 45" sec

Fun bike ride for warm down!! Or 10-15' min [stretching – warm down](#)

Gold group: Do this dryland exercise 5 days a week

Day 1: core, legs, cardio

General warm up option of your choice

Stretch cordz fly 2x 15-20-25-30-35 (easy speed-medium tension, press all the way back to hip level, elbow horizontal, relax going forward, Technique!!)

2x (2 min jump rope – 12 jumps – 2 min jump rope – 12 jumps)

2 min rest between sets and 10" sec rest between exercises)

2x (20 mountain climbers – 45"sec flutter kick – 20 mountain climbers -45" sec plank hold)

2 min rest between sets and 10" sec rest between exercises)

2x (25 sit-up twisters - 15 lower back lifts – 2 min jump rope - 25 sit-up twisters)

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

Day 2: upper body, shoulders, arms

General warm up option of your choice

***Push-up Pyramid of 10** with leg lift (with each push up, raise your leg straight up.

Switch legs with each push up rep)

3 min rest

2 min Sit-ups (all out max count of sit-ups in 90" seconds)

3 min rest

2 min Push-ups (all out max count of sit-ups in 90" seconds)

3 min rest

2 min Pull-ups (all out max count of sit-ups in 60" seconds)

3min rest

6x 10 triceps dips on 1 min rest

Fun bike ride for warm down!! Or 10-15' min [stretching – warm down](#)

Reps #

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

Day 1: core, legs, cardio

General warm up option of your choice

Cordz fly 20-30-40-50-60-70 (easy speed-medium tension, press all the way back to hip level, elbow horizontal, relax going forward, Technique!!)

Cordz fly 6x 20 Sprint on 1 min interval

4x (2 min jump rope – 12 jumps – 2 min jump rope – 12 jumps)

1 min rest between sets and 10" sec rest between exercises)

3x (20 mountain climbers – 1' min flutter kick – 20 mountain climbers – 1 min plank hold)

1 min rest between sets and 10" sec rest between exercises)

4x (25 sit-up twisters - 15 lower back lifts – 2 min jump rope - 25 sit-up twisters)

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

Day 2: upper body, shoulders, arms

General warm up option of your choice

***Push-up Pyramid of 10** with leg lift (with each push up, raise your leg straight up.

Switch legs with each push up rep)

3 min rest

2 min Sit-ups (all out max count of sit-ups in 2' minutes)

3 min rest

2 min Push-ups (all out max count of sit-ups in 2' minutes)

3 min rest

2 min Pull-ups (all out max count of sit-ups in 2' minutes)

3min rest

6x 12 triceps dips on 1 min rest

Cordz 5x 40 on 1:30 eazy fly

Fun bike ride for warm down!! Or 10-15' min [stretching – warm down](#)

Final #

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