

ALL groups. Do this routine pattern every day of this week, Day 1-Dryland, Day 2 – FUN
DAY1: M, W, F, Sun – Dryland / Day 2: T, Th, Sat - Fun

April 27, 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 **7 days** a week

Day 1: cardio

General warm up option of your choice

20-30-40-50 on 45" sec rest (jumps with jump rope)

2x 25 sit-ups, 15x mountain climbers on 30" sec rest / 2 min rest between sets

20sec-30sec-40sec-50sec on 45" rest (jump rope)

2x 30"sec flutter kick, 30" sec plank hold

25 sit-up twisters, 15 lower back lifts, 10x push-ups

10-15' min stretching – warm down

Day 2: Fun

Movies, Bike ride, Video Games, Bike Ride, Baking, Bike ride, Gardening, Bike ride,
Call your family and friends to chat with, Bike ride.....be happy!

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Silver-Silver Elite groups: Do this dryland exercise **7 days** a week

Day 1: cardio

General warm up option of your choice

Stretch cordz – NONE!!

20-30-40-50-60 on 45” sec rest (jumps with jump rope)

2x 30 sit-ups, 20x mountain climbers on 30” sec rest / 2 min rest between sets

20sec-30sec-40sec-50sec-50sec on 45” rest (jump rope)

2x 45”sec flutter kick, 45” sec plank hold

30 sit-up twisters, 15 lower back lifts, 15x push-ups (all straight no rest)

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

Day 2: Fun

General warm up option of your choice 1-2 or 3

Movies, Bike ride, Video Games, Bike Ride, Baking, Bike ride, Gardening, Bike ride,

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Gold group: Do this dryland exercise **7 days** a week

Day 1: cardio

General warm up option of your choice

Cordz: 4x 40 eazy -30” rest – 20 fast – 2 min rest (all fly)

2x 30-40-50-60 on 45” sec rest (jumps with jump rope) / 1 min rest between sets

2x 30 sit-ups, 25x mountain climbers on 30” sec rest / 2 min rest between sets

2x 30sec-40sec-50sec-60sec on 45” rest (jump rope)

2x 45”sec flutter kick, 45” sec plank hold

30 sit-up twisters, 15 lower back lifts, 15x push-ups (all straight no rest)

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

Day 2: Fun

General warm up option of your choice 1-2 or 3

Movies, Bike ride, Video Games, Bike Ride, Baking, Bike ride, Gardening, Bike ride,

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Pre-Senior – Senior groups: Do this dryland exercise **7 days** a week

Day 1: cardio

General warm up option of your choice

Cordz: 6x 40 eazy -30" rest – 20 fast – 2 min rest (all fly)

2x 30-40-50-60 on 45" sec rest (jumps with jump rope) / 1 min rest between sets

20 push-ups – 1 min rest

2x 30 sit-ups, 25x mountain climbers on 30" sec rest / 2 min rest between sets

20 push-ups – 1 min rest

2x 30sec-40sec-50sec-60sec on 45" rest (jump rope)

20 push-ups – 1 min rest

2x 45"sec flutter kick, 45" sec plank hold

20 push-ups – 1 min rest

30 sit-up twisters, 15 lower back lifts, 15x push-ups (all straight no rest)

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

Day 2: Fun

General warm up option of your choice 1-2 or 3

Movies, Bike ride, Video Games, Bike Ride, Baking, Bike ride, Gardening, Bike ride,

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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