

**March 30-April 5, 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)

**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!**

**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**

**\*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

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

**\*Push ups Pyramid of 5+**

5x 15 sit ups with 45" rest (stretch stomach muscle for about 15" sec after each set of sit-ups)

30" sec max push-ups (maximum number of push-ups you can do in 30" seconds)

Rest 2 minutes

Pull-ups with 2 options (pick one option ONLY)

1. 4x 1 pull up Hold 20" (pull-up till your chin is all the way above the bar and hold for 20" seconds) rest 1 min between each set
2. **\*\*Pull-ups Pyramid of 5** with 45'sec rest between (\*see Pyramid of 5 description)

4x (30" sec plank hold, 10 jumps) 1' min rest between sets

10-15' min stretching – warm down

**Silver-Silver Elite groups:** Do this dryland exercise 3-5 days a week

6x 30 Fly **stretch cordz** on 90" sec rest between each set. **SILVER color-light resistance**

(easy speed-medium tension, press all the way back to hip level, relax going forward, Technique)

**\*Push ups Pyramid of 6**

5x 20 sit ups with 45" rest (stretch stomach muscle for about 15" sec after each set of sit-ups)

30" sec max push-ups (maximum number of push-ups you can do in 30" seconds)

Rest 2 minutes

Pull-ups with 2 options (pick one option ONLY)

1. 5x 1 pull up Hold 25" (pull-up till your chin is all the way above the bar and hold there for 20" seconds) rest 1 min between each set
2. **\*\*Pull-ups Pyramid of 5+** with 45'sec rest between (\*\*see Pyramid of 5+ description)

4x (30" sec plank hold, 10 jumps) 1' min rest between sets

10-15 min stretching

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

8x 30 Fly **stretch cordz** on 90" sec rest between each set. **YELLOW color-medium/light resistance** (easy speed-medium tension, press all the way back to hip level, relax going forward, Technique!!)

\*Push ups **Pyramid of 8**

5x 25 sit ups with 45" rest (stretch stomach muscle for about 15" sec after each set of sit-ups)

30" sec max push-ups (maximum number of push-ups you can do in 30" seconds)

Rest 2 minutes

Pull-ups with 2 options (pick one option ONLY)

1. 6x 1 pull up Hold 30" (pull-up till your chin is all the way above the bar and hold there for 20" seconds) rest 1 min between each set
2. **\*\*Pull-ups Pyramid of 6** with 45"sec rest between (\*\*see Pyramid of 5+ description)

4x (30" sec plank hold, 10 jumps) 1' min rest between sets

10-15 min stretching

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

10-20-30-40-50-60 Cordz easy FLY: 30" rest

8x 40 on 2 min (30 medium, 10 all out speed)

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

\*Push ups **Pyramid of 10**

6x 30 sit ups with 45" rest (stretch stomach muscle for about 15" sec after each set of sit-ups)

30" sec max push-ups (maximum number of push-ups you can do in 30" seconds)

Rest 2 minutes

Pull-ups with 2 options (pick one option ONLY)

1. 6x 1 pull up Hold 30" (pull-up till your chin is all the way above the bar and hold there for 20" seconds) rest 1 min between each set
2. **\*\*Pull-ups Pyramid of 6** with 45"sec rest between (\*\*see Pyramid of 5+ description)

4x (30" sec plank hold, 10 jumps) 1' min rest between sets

10-15 min stretching