



PRE-DEVELOPMENT / DEVELOPMENT GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

2x push-ups – 8x vertical streamline jumps 30” rest

4x push-ups – 6x vertical streamline jumps 30” rest

6x push-ups – 4x vertical streamline jumps 30” rest

8x push-ups – 2x vertical streamline jumps 30” rest

4x 15 sit-ups – 10x lower back lifts 45-60” rest

1-2-3-2-1 minutes Jump rope with 30” rest between each set

1 min MAX Sit-ups - record the #

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

TUESDAY Day 2: 10-15 minutes warm up of your choice

2x 20 sit-up twisters - 30” sec flutter kick – 30” sec flutter kick reverse (on your stomach) – 10x sklapacky

90” sec rest

CHOICE or Both – *Push-ups Pyramid of 5 / **Pull-ups Pyramid of 5

90” sec rest

1 min MAX Push-ups - record the #

4x 1 min jump rope – record average jumps per minute

2x 15 Burpee – 30” sec Plank hold – 8x Triceps Dips with 90” sec rest between the whole set

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

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike ([must do at least one of the activities](#))

THURSDAY Day 4: Repeat Monday Day 1 workout and don’t forget to

Record your **1 min MAX** Sit-ups #

FRIDAY Day 5: Repeat Tuesday Day 2 workout and don’t forget to

Record your **1 min MAX** Push-ups #

SATURDAY, SUNDAY – Recovery Fun Day



SILVER / SILVER ELITE GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

- 4x push-ups – 10x vertical streamline jumps 30” rest
- 6x push-ups – 8x vertical streamline jumps 30” rest
- 8x push-ups – 6x vertical streamline jumps 30” rest
- 6x 20 on 1 min interval Stretch Cordz – easy tempo
- 4x 25 sit-ups – 10x lower back lifts 45-60” rest
- 1-2-3-2-1 minutes Jump rope with 30” rest between each set

1 min MAX Sit-ups - record the #

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

TUESDAY Day 2: 10-15 minutes warm up of your choice

- 2x 30 sit-up twisters - 30” sec flutter kick – 30” sec flutter kick reverse (on your stomach) – 10x sklapacky 90” sec rest
- 6x 30 on 1 min rest interval Stretch Cordz
- CHOICE or Both – *Push-ups Pyramid of 5 / **Pull-ups Pyramid of 5
- 2’ min rest

1 min MAX Push-ups - record the #

4x 1 min jump rope – record average jumps per minute

2x 15 Burpee – 30” sec Plank hold – 8x Triceps Dips with 90” sec rest between the whole set

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

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike (must do at least one of the activities)

THURSDAY Day 4: Repeat Monday Day 1 workout and don’t forget to

Record your **1 min MAX** Sit-ups #

FRIDAY Day 5: Repeat Tuesday Day 2 workout and don’t forget to

Record your **1 min MAX** Push-ups #

SATURDAY, SUNDAY – Recovery Fun Day



Stay-In Shape, Stay Competitive

May 4thbwu, 2020

GOLD GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

6x push-ups – 12x vertical streamline jumps 30” rest

8x push-ups – 10x vertical streamline jumps 30” rest

10x push-ups – 8x vertical streamline jumps 30” rest

6x 30 on 90” sec interval Stretch Cordz – easy tempo

4x 30 sit-ups – 15x lower back lifts 45-60” rest

1-2-3-2-1 minutes Jump rope with 30” rest between each set

2 min MAX Sit-ups - record the #

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

TUESDAY Day 2: 10-15 minutes warm up of your choice

3x 30 sit-up twisters - 30” sec flutter kick – 30” sec flutter kick reverse (on your stomach) – 10x sklapacky

90” sec rest + 6x 30 on 90” sec interval Stretch Cordz – easy tempo + 2 min rest

CHOICE or Both – *Push-ups Pyramid of 8 / **Pull-ups Pyramid of 8

2’ min rest

2 min MAX Push-ups - record the #

4x 1 min jump rope – record average jumps per minute

2x 15 Burpee – 30” sec Plank hold – 8x Triceps Dips with 90” sec rest between the whole set

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

WEDNESDAY Day 3: 10-15 minutes warm up of your choice

8x 40 (20x easy, **20x fast** on 2 min rest interval Stretch Cordz

Choice of: 8+ mile bike ride **OR** 3+ mile strong run **OR** 4+ mile hike (must do at least one of the activities)

THURSDAY Day 4: Repeat Monday Day 1 workout and don’t forget to

Record your **2 min MAX** Sit-ups #

FRIDAY Day 5: Repeat Tuesday Day 2 workout and don’t forget to

Record your **2 min MAX** Push-ups #

SATURDAY, SUNDAY – Recovery Fun Day



Stay-In Shape, Stay Competitive

May 4thbwu, 2020

PRE SENIOR – SENIOR GIRLS GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

8x push-ups – 14x vertical streamline jumps 30” rest

10x push-ups – 12x vertical streamline jumps 30” rest

12x push-ups – 10x vertical streamline jumps 30” rest

6x 40 on 90” sec interval Stretch Cordz – easy tempo

5x 30 sit-ups – 15x lower back lifts 45-60” rest

1-2-3-2-1 minutes Jump rope with 30” rest between each set

2 min MAX Sit-ups - record the #

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

TUESDAY Day 2: 10-15 minutes warm up of your choice

3x 40 sit-up twisters - 45” sec flutter kick – 45” sec flutter kick reverse (on your stomach) – 15x sklapacky

90” sec rest + 6x 40 on 90” sec interval Stretch Cordz – easy tempo + 2 min rest

CHOICE or Both – *Push-ups Pyramid of 10 / **Pull-ups Pyramid of 10

2’ min rest

2 min MAX Push-ups - record the #

5x 1 min jump rope – record average jumps per minute

2x 20 Burpee – 30” sec Plank hold – 10x Triceps Dips with 90” sec rest between the whole set

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

WEDNESDAY Day 3: 10-15 minutes warm up of your choice

6x 50 (30x easy, **20x fast** on 2 min rest interval Stretch Cordz

Choice of: 10+ mile bike ride **OR** 3+ mile strong run **OR** 4+ mile hike (must do at least one of the activities)

THURSDAY Day 4: Repeat Monday Day 1 workout and don’t forget to

Record your **2 min MAX** Sit-ups #

FRIDAY Day 5: Repeat Tuesday Day 2 workout and don’t forget to

Record your **2 min MAX** Push-ups #

SATURDAY, SUNDAY – Recovery Fun Day



Stay-In Shape, Stay Competitive

May 4thbwu, 2020

PRE SENIOR GROUP - BOYS

MONDAY Day 1: 10-15 minutes warm up of your choice

10x push-ups – 16x vertical streamline jumps 30” rest

12x push-ups – 14x vertical streamline jumps 30” rest

14x push-ups – 12x vertical streamline jumps 30” rest

8x 40 on 90” sec interval Stretch Cordz – easy tempo

6x 30 sit-ups – 15x lower back lifts 45-60” rest

1-1-2-3-2-1-1 minutes Jump rope with 30” rest between each set

2 min MAX Sit-ups - record the #

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

TUESDAY Day 2: 10-15 minutes warm up of your choice

5x 30 sit-up twisters - 45” sec flutter kick – 45” sec flutter kick reverse (on your stomach) – 15x sklapacky

90” sec rest + 8x 40 on 90” sec interval Stretch Cordz – easy tempo + 2 min rest

CHOICE or Both – *Push-ups Pyramid of 10 / **Pull-ups Pyramid of 10

2’ min rest

2 min MAX Push-ups - record the #

6x 1 min jump rope – record average jumps per minute

2x 25 Burpee – 40” sec Plank hold – 10x Triceps Dips with 90” sec rest between the whole set

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

WEDNESDAY Day 3: 10-15 minutes warm up of your choice

8x 50 (30x easy, **20x fast** on 2 min rest interval Stretch Cordz

Choice of: 10+ mile bike ride **OR** 3+ mile strong run **OR** 4+ mile hike (must do at least one of the activities)

THURSDAY Day 4: Repeat Monday Day 1 workout and don’t forget to

Record your **2 min MAX** Sit-ups #

FRIDAY Day 5: Repeat Tuesday Day 2 workout and don’t forget to

Record your **2 min MAX** Push-ups #

SATURDAY, SUNDAY – Recovery Fun Day



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!

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 inches 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 TWISTERS - *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.*

SKLAPACKY - *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*

TRICEPS DIPS - 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.



BURPEE - Begin in a standing position.

1. Move into a squat position with your hands on the ground. (count 1)
2. Kick your feet back into a plank position, while keeping your arms extended. (count 2)
3. Immediately return your feet into squat position. (count 3)
4. Stand up from the squat position (count 4)

***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