I hope that all of you are well and are adjusting to your new reality for the next few weeks. I have put together a few circuits for you to use in an attempt to maintain strength and core fitness while we are out of the water.

At this point there should be no pools that are open so I will not add a swim workout yet. When the ban on gyms and recreational facilities is lifted maybe there will be some options.

Since each of you will have access to different equipment, I have tried to make some exercises that allow you to add equipment if you have It (ie. Medicine ball, stretch cordz, bands, weights). If it is possible (safety first or on treadmill) you should run on a regular basis. I would suggest at least 3 miles 3 to 4 days a week. For other running ideas look at the bottom of page

All circuits should be done all the way through in 3 rounds. Do not do the same exercise 3 times and then the next 3 times etc.

3x 40 seconds exercise 20 seconds rest

**Monday March 16**

Plank touch opposite shoulder

Swimmer

Squats (med ball over head)

Seated jumps using back foot from start

Flutter kicks (bands)

Step ups (knee to chest opposite arm up over head)

**Tuesday March 17**

Squat Jumps

Side plank – Push up-Side Plank

v-ups

Superman (streamline on stomach hands and feet off ground, stretch!)

In and out jumps (bands)

Throw downs (if you have equipment) or Push ups

**Wednesday March 18**

Tricep on a ledge

Plank with feet on ball (or chair)

Lunges (med ball – reach front right left)

Hip raisers

Russian Twist (Med ball)

Flutter kick (bands)

**Thursday March 19**

Swan (standing on one leg go to streamline parallel to floor alternate leg)

Plank

Seated jump front foot from start

Push ups

V-ups

Wall sit

**Friday March 20**

Side plank leg lift (band)

Mountain climbers

Burpees

Russian Twist (med ball)

Standing Lunge

Med ball pass up or press up if no partner (you can use any weight for this)

**Saturday March 21**

Swan

Triceps on ledge

Streamline jump (med ball)

Reverse flutter kick ( on stomach superman position-Stretch!)

Side-push up-side

v-up

You may of course add to any of these circuits depending on how much equipment you have. These are here as a guide. You can substitute exercises on any of them, just try to alternate arms, legs, core the best you can.

Stretching would be a great idea as well. You should stretch for at least 10 minutes before and after you exercise.

**Some other ideas:**

**Running.** Choose an area where you can run fast for 1:20. This could be a street outside your house, or school track or a field or trail. Pick a designated starting point, run fairly fast for 1:20, and note your

ending point. Mark it with something you can see so there is a visible goal. Start with 2 and work up to 6 repeats. As you get better, you may have to lengthen the distance between your starting and finishing points to still run for the 1:20 interval.

You may also find an area that is about 25 yards long. You can do interval sprints of the 25 yards. For example: sprint 25 rest 30 seconds X 10. As you get better at it you may increase your repeats or decrease your rest or both.

If you are lucky enough to live by a hill you may do the interval sprints on the hill for an added challenge (walk down the hill as your rest)

**Bike stand-up drill.** If you have a bike try this. After pedaling the bike to get your initial forward motion, select the hardest gear and pedal standing up for 1:20. Start with 2, and work up to 6 repeats.