**6/11/2020 – Dryland via Zoom**

**Pre-Zoom workout**- start no early than 4:15 pm and no later than 4:20 pm:

* Stretches on your own 2x (~ 8 minutes if done correctly)
* Run/Jog/Swift walk outside for 15 minutes
* If you have bands, run through 1x (if no bands, do 20 [scapular shrugs](https://www.youtube.com/watch?v=akgQbxhrhOc))
  + 10 pull aparts palms down
  + 10 pull aparts palms up
  + 10 bicep curls
  + 10 overhead presses, keep elbows at "field goal post" position when pressing up
* Hydrate

**Zoom workout**

#1

* :30 jumping jacks
* :30 rest – find something told hold on to for balance
* :30 R leg calf raises, raise up onto the ball of your foot, take your time, quality is good
* :10 rest & switch legs
* :30 L leg calf raises
* :10 rest
* :45 both legs
* :30 rest
* :45 butt kickers
* :30 rest
* :45 jumping jacks
* :30 rest
* :45 R leg calf raises, raise up onto the ball of your foot, take your time, quality is good
* :10 rest & switch legs
* :45 L leg calf raises
* :10 rest
* :60 both legs
* :30 rest
* :60 butt kickers
* 2:00 rest, water break

#2

* 3x - Is, Ys, Ts
  + :15 hold I
  + :15 hold Y
  + :15 hold T – arms across from shoulders
  + :15 rest and then repeat
* 10 pushups together – Coach counts
* :30 rest
* :60 bridge – squeeze glutes
* :10 rest
* :30 bridge again, :30 R leg up, :30 L leg up, :30 bridge again
* :10 rest
* 10 pushups together

#3:

* :30 sit in squat position and hold
* :30 squat jumps
* :30 bicycles
* :30 in and outs
* :30 bicycles
* :30 squat jumps
* :30 sit in squat position and hold