**6/9/2020**

Stretches

Bands (if you have them)

* 10 pull aparts palms down, squeeze shoulder blades together
* 10 palms ups, squeeze shoulder blades together
* 10 overhead circles around to back
* 10 arm curls
* 10 overhead press, keep elbows out to side of head and no lower than across from ears, press hands up and together using shoulder and upper back muscles, keep core tight, stand tall (stand with your back against the wall if you have to)

If no bands

* + 20x - Stand tall with hand on hips, elbows out to side, squeeze shoulder blades together and elbows moving toward back, hold for :10. Rest for :10

3x

* :45 wall sit, legs at 90 degree angle and hands overhead in streamline
* :15 rest
* :45 mountain climbers
* :15 rest
* 3:00 jump rope (or pretend jump rope if you don’t have one)
* :15 water break then repeat

 **After 3rd time, rest before moving to next item**

**3x**

**:45 russian twists with med ball if you have one (if no med call, you can use a gallon water/milk jug)**

**:15 rest**

**:45 jumping jacks**

**:15 rest**

**:45 in and outs**

**:15 rest**

**:45 R side crunches**

**:45 L side crunches**

**:15 rest**

15 tricep dips with chair

:15 rest

15 [Partner sit ups with ball](https://www.google.com/search?q=partner+sit+ups+with+ball&rlz=1C1GCEB_enUS830US830&oq=partner+sit+ups+with+ball&aqs=chrome..69i57.3855j0j1&sourceid=chrome&ie=UTF-8#kpvalbx=_7ae6Xu2OBPKH_Qby07roDQ40)  (doesn’t have to be with a medicine ball)

* If your partner is standing, you can still do the exercise
* If you use a medicine ball, choose a lighter weight than what you used for the Russian twists so you don’t hit yourself in the nose with it.)

1:00 water break and repeat

**After 3rd time:**

* 4x Is, Ys, Ts - Lay down, stomach on ground
	+ :15 hold I - streamline
	+ :15 hold Y – think of where you arms enter the water on butterfly
	+ :15 hold T – arms across from shoulders
	+ :15 rest and then repeat

2:00 water break

**Run or jog/walk briskly for 30 minutes (if jog/walk option, do 2 minutes run followed by 1min brisk walk 10x**

**When finished, hydrate with water!**