

Tuesday, 5/26

Stretches 2x – locate all and in the proper order on the ‘stretches’ PDF

:30 rest

Do the following 2x through

Bands (if you have them)

- 10 pull aparts palms down, squeeze shoulder blades together
- 10 palms up, 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)

15 scapular shrugs

:30 water break

20 jumping jacks, :10 rest

20 seal jacks, :10 rest

20 windmills, :10 rest

20 squats, :10 rest

20 pushups, :10 rest

20 crunches, :10 rest

20 in & outs, :10 rest

2:00 rest, water break

2:00 lunge walks, :10 rest

15 burpees, no push up, :10 rest

2:00 lunge jumps, switching legs each time :10 rest

20 wheelbarrows (1 = 1 step forward with hand) – find a partner to hold your ankles up

1:00 rest, water break

1:15 bicycles

1:15 wide scissor legs

:45 Single leg lifts, R leg, reach hand to toes when crunching up

:45 single leg lifts, L leg, reach hands to toes when crunching up

Use weight: can be 8-10 lbs. medicine ball if you have it. If not, then use a gallon container filled with water like a milk gallon)

- 1:20 flutter kicks on back holding weight above chest
- :10 rest
- 1:20 wide scissor kicks with weight
- :30 rest
- 1:20 squats holding weight with both hands in front of you, keep back straight and not bent, elbows can be bent a small amount as needed. Weight should not touch your chest
- :30 rest
- 1:20 flutter kicks on stomach, no weight
- :60 pushups

2:00 rest, water break

Repeat (go back to bands)

2:00 water break and rest after 2 rounds of the above

Choice:

- 40-minute bike ride and get your heart rate up – start easy for 5 minutes, pick up the pace for 30 minutes, easy for 5-minute cool down

OR

- 30-minute run – start easy for 5 minutes, pick up pace and either
 - hold the pace for 20 minutes followed by 5 minutes easy jog/walk cool down
 - or
 - run hard for 3 minutes, 1-minute fast pace walk (repeat pattern for 20 minutes) then easy cool down walk for 5 minutes