**Wednesday, 5/27**

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

:30 rest, water break

2x

* 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

15 scapular shrugs

:30 water break

Air swimming – get in front of a mirror and watch yourself as you do the arm strokes for each stroke. Really pay attention to detail and try and do things like you’ve seen in the videos from the past weeks. Close your eyes for a few strokes and them open them and see if what you feel is actually what you are doing. Do at least 25 cycles of each stroke

Lateral lunges, 10 each leg (20 total)

:30 rest

20 lunges by stepping backward not forward (10 each leg)

[Fire hydrants](https://www.youtube.com/watch?v=La3xYT8MGks)

* :45 R leg
* :45 L leg

[Reverse leg lifts](https://www.youtube.com/watch?v=l2MpS_ecFik)

* :45 R leg
* :45 L leg

Run stairs for 3:00 OR if no stairs are available, run around outside to get your heartrate up (you can run stairs outside, too)

2:00 rest, water break

4x – count how many you do for each so you can match it the next round or get 1 more

* :30 downward dog then walk hands out to plank, hold for 2 seconds with hands under shoulders, then walk hands back to downward dog, keep going for :30 (try not to bend or “lock” knees)
* :30 rest
* :30 TYIs
  + bend knees to 45-degree angle and lean forward into semi-squat position, back straight
  + hold 12-16 oz. water bottle (filled with water) in each hand
  + Use shoulder muscles to raise arms up to T position, hold for 2 seconds, then to Y and hold for 2 seconds, then to I and hold for 2 seconds. Lower arms for 2 seconds and repeat for :30. Note: After you raise arms into the letter T position, keep arms up until after the I.
* :30 rest
* :30 pushups
* 2:00 water break and repeat

4x – count how many you do for each so you can match it the next round or get 1 more

* :30 squats while holding 5-10 lb weight (use a milk jug filled with water if needed)
* :30 rest
* :30 squat, hold and don’t move, no weight, squeeze glutes
* :30 rest
* :30 sideways squat walks (10 to the right, 10 to left, keep repeating for :30, squeeze glutes and quads)
* :30 rest
* :30 squat jumps, don’t have to be into streamline, bend knees no greater than 90 degrees
* 2:00 water break and repeat

Great job! See you tomorrow!