**Friday, 5/29**

*You’ve been doing great this week! Finish strong!*

Stretches 2x

Stand tall with hands on hips. With elbows out to side, squeeze shoulder blades together with elbows moving toward back and hold for :10. Rest for :10. Repeat 5x.

Stand tall with arms at side. Lift arms high above head into streamline and hold for :10

* Make sure elbows are a little behind ears and your streamline is tall with shoulders as tall as possible
* After :10, relax and rest for :10
* Repeat 5x

1:00 water break

Yoga - 3x

* + ​:60 child's pose
  + transition to downward dog by keeping hands and heels on ground
  + :60 downward dog
  + transition to straight arm plank by having weight on forward part of body and use your core (keep hands on ground, don't put knees down)
  + :60 straight arm plank
  + transition back up to downward dog
  + :60 downward dog
  + walk hands back toward feet with keeping hands on ground and legs as straight as possible as standing up
  + Stand and relax for :60
  + [Mountain pose](https://www.yogajournal.com/videos/mountain-pose)
  + :30 rest
  + :60 [tree pose](https://www.youtube.com/watch?v=wdln9qWYloU) with R leg
  + :30 rest
  + :60 tree pose L leg
  + :60 rest / water break
  + Repeat

1:00 water break

* 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

2x

* :60 [scissor kicks](https://www.youtube.com/watch?v=fKsnVxutyok)
* :10 rest
* :60 russian twists with or without ball (if you have a medicine ball, no more than 10 lbs. at this time for those of you who want to use 12+)
* :10 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 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.)
  + :30 rest
* [Single leg calf raises](https://www.youtube.com/watch?v=ZK4DvJLd3V8) - be sure to raise heel off floor and hold for 2 count
  + 10 Right leg first – stand on step on ball of foot with heel handing off, hold railing and raise up/down 10 times
  + 10 Left leg
  + :10 rest
* Lunges
  + Standing still: R leg 10 times stepping backward, return to standing position and pause for :05 before taking next lunge
  + Standing still: L leg 10 times stepping backward, return to standing position and pause for :05
  + :30 rest
* 10 tricep dips with chair, rest for :15
* [Side crunches](https://www.youtube.com/watch?v=55yxIvrHUkA)
  + :45 side crunches - R side (keep knees together and close to ground)
  + :45 side crunches - L side (keep knees together and close to ground)
  + :30 rest
* [Single leg bridge](https://youtu.be/0MoUJjVZ9qo)
  + 10 single R leg bridge - hold each leg bridge at the “top” for a 2-count and lower, hold at “bottom” for 2-count and raise
  + :10 rest
  + 10 single L leg bridge
* Repeat

Last but not least, have fun and if you have a pool to go to, do some kicking with or without a kickboard for 10-15 minutes without stopping! Ride your bicycle, run around and play games with your family. Enjoy!

Hydrate this weekend!