

# Dryland by JD



## Workout No. 1

### **Dynamic Warm Up:**

1. Knee-hug & Lunge with twist
2. Straight leg kick
3. Quad-stretch Reach Up
4. Ankle Pick
5. Side-Side Lunge
6. Scoops
7. Inchworm
8. High Knees
9. Butt Kicks
10. Side Shuffle
11. Karaoke
12. Tall Slide

### **Shoulder Mobility:**

1. Sitting T-spine Rotations (10-12 reps each side)
2. Quad T-Spine Rotations (10-12 reps each side)
3. Rib Pulls (10-12 reps each side)
4. Prone Floor Angels (10-12 reps)

### **Hip Mobility:**

1. Active Figure 4 stretch (10-15 reps and then 60 second hold)
2. Butterfly Stretch (10-15 reps and then 60 second hold)
3. Instep Stretch (10-15 reps and then 60 second hold)
4. Pigeon Stretch (10-15 reps and then 60 second hold)

### **Circuits:**

Go through each set 2x (30 seconds of work/15 seconds of rest). 1 min rest in-between circuits.

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|------------------------|----------------------|--------------------|
| A1 Jumping Jacks       | B1 Nordic Jacks      | C1 Leg Raises      |
| A2 Burpees (no pushup) | B2 Squat Jumps       | C2 Russian Twist   |
| A3 Mountain Climbers   | B3 Reverse Lunges    | C3 Lemon Squeezers |
| A4 Shoulder Taps       | B4 Squat Hold        | C4 Toe Touches     |
| A5 Pushups             | B5 Squats            | C5 SL Crunches     |
| A6 Flutter Kicks       | B6 Swimmer Supermans | C6 Iron Cross      |