

Dryland: Workout # 1

Reminders before you start:

1. Watch the video for a visual explanation on how to perform each exercise.
 - a. Read the key points thoroughly to execute each exercise well.
 - b. You can have the video near you so you can start and pause whenever you Need.
2. Have a water bottle and towel with you.
3. Sanitize before and after the workout.
4. Play your favorite playlist.

Activation:

2x

- 10 reps each leg step into trunk rotation
 - Maintain arms in vertical line for 1-2 seconds
- 10 reps each leg reverse step toe touch
 - Maintain the stretch position for 2-3 seconds
- 10 reps each leg Squat inward rotation
 - Maintain the knee on the ground 1-2 second
- 5 reps each position I, Y, T, W
 - Hold your hand in the highest position for 1-2 seconds
- 20 reps Jumping jacks
- 20 reps Ankle tap

Warm-up (use this time to increase the heart rate):

2x

- 20 reps Round 1 (Crunches) Round 2 (Leg Lifts)
- 30 seconds sprint shuttle (easy run)
- 30 second lateral shuffle (easy run)

Aerobic workout:

2x

- 1x
 - 3x30sec on +10 off sprint shuttle
 - 2x12reps +30 second off Push up + side knee to elbow
 - 1 minute rest
- 3x(Color) 2x(fish)
 - 3x30sec on+ 10 off Lateral shuffle
 - 4x (6 reps+20 seconds rest) lateral skater
 - 1x12 reps each leg no (rest between)
 - 1 minute rest
- 3x(Color) 2x(fish)
 - 40 seconds square Sprint
 - 6 reps Jump into Burpees
 - 20 Ankle tap knee to elbow

Note: Sprint Shuttle, Lateral Shuffle and Square sprint should be performed at your highest speed. Place the cone (or whatever you have to mark the points; 10 feet apart minimum).

