

## 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:

3x

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):

3x

20 reps abdominal of your choice

30 seconds sprint shuttle (easy run)

30 second lateral shuffle (easy run)

### Aerobic workout:

3x

2x

3x30sec on +10 off sprint shuttle

2x12reps +30 second off Push up + side knee to elbow

1 minute rest

4x

3x30sec on+ 10 off Lateral shuffle

4x (6 reps+20 seconds rest) lateral skater

1x12 reps each leg no (rest between)

1 minute rest

4x

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).