Tuesday, June 30, 2020
Senior Dryland

Warm Up (50/10)

- Jogs
- Frankensteins
- Arm Circles
- Cross Body Jacks
- Scorpions
- Lunges
- Scissor Kicks
- Hip Bridges
- Penguins
- Cherry Pickers (L,C,R)

Cardio (2 Rounds – 30)

- Plank Taps – Toes
- Inch Worm
- Plank Jacks
- Skier Abs
- Burpee – Push Up to Squat Jump
- Plank Punches – Triple (forward, side, and back)
- Push Ups (30 seconds Pulses)

Main Set – (50/10)

- Medball Overhead Lunges
- Medball Squat + Extension
- Medball Braced Core Squat
- Medball Rolling Squat – In Person Only
- Lunge Jumps
- Hops
- Tuck Jumps
- Hop & Sticks (L/R)
- Broad Jumps / Back High Knees
- Medball Overhead Lunges
- Medball Squat + Extension
- Medball Braced Core Squat
- Medball Rolling Squat – In Person Only

Core (50/10)

- Hollow Holds
- Plank
- Crunches
- Skier Abs
- 90º Toe Touches
- Penguins
- 1 Leg V Ups
- Alternating Side Planks