Tuesday, June 9, 2020
Senior Dryland

Warm Up (50/10)

- Frankensteins
- Squats
- Lunges
- Scissor Kicks
- Hip Bridges
- 90º Toe Touches
- Penguins
- Calf Raises
- Inch Worms

Cardio (2 Rounds – 30)

- Horses – In Person Only
- Mountain Climbers
- Lunge Jumps
- High Knee Runs
- Butt Kicks
- Square Jumps

Main Set – Upper Body – (50/10)

- Medball Russian Twists
- Medball Plank
- Medball Push-Up
- Medball Wall Sit/Squat Hold
- Empty Cans
- T Pose
- External Rotations
- Skiers
- Medball Russian Twists
- Medball Plank
- Medball Push-Up
- Medball Wall Sit/Squat Hold

Core (50/10)

- Reverse Planks
- Planks
- Crunches
- 6 – Inch Holds
- Flutter Kicks
- Reverse Crunches
- Out & Up Abs
- Plank Punches