Wednesday, June 24, 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 – Knees
- Plank Taps – Toes
- Plank Jacks
- Skier Abs
- ½ Burpee – Plank to Squat Jump
- Plank Punches – Double (forward and side)
- Push Ups (20 seconds Pulses)

Main Set – (50/10)

- Medball Shoulder Squats
- Medball Squat + Extension
- Medball Squat + Press
- Medball Slams – In Person Only
- Medball Clapping Squats – In Person
- Lunge Jumps
- Hops
- Tuck Jumps
- Squat Jumps
- Medball Shoulder Squats
- Medball Squat + Extension
- Medball Squat + Press
- Medball Slams – In Person Only
- Medball Clapping Squats – In Person

Core (50/10)

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