

Dryland Plan

Monday → coordination

15 min (novice :30 work :30 rest) (advanced & Age Group :45 work :30 rest)

- 5 min running forward and backwards
- 5 min slides right and left
- 5 min skipping forward and backwards

<https://www.youtube.com/watch?v=kqnua4rHVVA>

Cat cow

(class 1 =1 round Classe 2 = 2rounds class 3 = 3 rounds)

- 5 Y-T-I 3 sec pause at each point
- 25 jump rope or pretend jump rope
- 5 Frog Jumps
- 25 tight flutter kicks

Rest 1:00 between rounds

Tuesday → core

- 30 plank walk steps sideways
- 15 hip bridges
- 15 streamline Jumps

Yoga → alternate hold for 5 sec. High lunge / triangle poser



(class 1 =1 round Classe 2 = 2rounds class 3 = 3 rounds)

- :40 plank
- 15 wall push ups
- 30 heel touches
- 15 deadbugs

<https://www.youtube.com/watch?v=rbemelnkHag>

https://www.youtube.com/watch?v=L0B_INZUEY

Rest:1:00

Wednesday —> coordination

30 I am a STAR JUMPS

15 each side Frankenstein walks

Yoga —> alternate hold 10 seconds Tree Pose and Reverse Warrior

(class 1 =1 round Classe 2 = 2rounds class 3 = 3 rounds)

30 high plank shoulder taps

15 Superman touch hold for :5

30 plank up downs

15 Seagulls

Rest :30

<https://darebee.com/exercises/shoulder-taps.html>

<https://darebee.com/exercises/up-and-down-planks.html>

Thursday —> core

30 high knees

30 butt kickers

30 shoulder taps

Yoga —> cat-cow, Downward dog

(class 1 =1 round Classe 2 = 2rounds class 3 = 3 rounds)

15 downward dogs

30 plank side steps

15 Jumping Jacks

30 plank Jacks

Rest :30

Friday



Download from
Dreamstime.com

This watermarked comp image is for previewing purposes only.



Exercises

- Skipping (forward/ backward)
- Jumping
- Frog Jumps
- Yoga Moves (cat-cow, High Lunge, triangle pose, tree pose, Reverse Warrior, Warrior III, Locust pose, Downward dog)
- Jump rope
- Squats / Squat jumps
- Superman —> <https://darebee.com/exercises/superman-stretch.html>
- Dead BUG
- Hip bridges
- Bird dogs
- Plank (side, back, up/down, jack, roll) <https://darebee.com/video.html#sort=position&sortdir=asc&name=plank&page=1>
- Push-up (wall, boy, walk out)
- Flutter kicks
- Leg lifts
- Russian twist
- Heel touch - <https://darebee.com/exercises/heel-taps.html>
- Bear crawl (forward / backward). <https://darebee.com/exercises/bear-crawl.html>
- Body saw —> <https://darebee.com/exercises/body-saw.html>
- Seagulls —> <https://darebee.com/exercises/seagulls-exercise.html>