

Gold dryland workout for week of April 27

- For a little variety: this week-- do the below dryland workout two separate times this week, with days of cardio in between.
- Please remember: drink water, if an exercise hurts-stop, take your time, do the exercise correctly and have fun.
- There are no new exercises this week. If you can't remember the exercise, look at past drylands to see a picture.
- Come to Wednesday's zoom meeting with questions, feedback and ready to stretch.

Example plan for the week:

Monday: Walk/jog or bike for 45 minutes with a family member.
Tuesday: The below dryland (takes about 40 minutes)
Wednesday: Bike Ride 45 minutes & Gold Zoom Meeting
Thursday: The below dryland (try to be better and more confident the second time you do it)
Friday: Day off/Stretch/ABC ankles/Ball squeezes
Saturday: Jog for 12 minutes + Walk for 30 minutes
Sunday: You pick: help mom and dad with house work or yardwork☺

Dryland Workout –you will need a stop watch & a sturdy chair that doesn't move

Part #1: Warmup:

8 minute walk/jog to get heart rate up outside OR

2 x

[1:00 jog in place

[Walk up and down your set of stairs 3 x

[1:00 butt kicks (when jogging tap heels to bottom)

[:20 break between rounds)

Part #2 Lower body:

2 x

[25 squats (pretend you are going to sit in a chair)

[2 x :30 wall sits (take :30 break in between)

[10 L leg single leg touches

[10 R leg single leg touches

[:30 Right leg glute bridge

[:30 Left leg glute bridge

{1:00 break in between rounds to get sip of water

Part #3: Upper Body

2 x

[20 Right arm large circles

[20 Left arm large circles

[10 walkout push ups

[10 dips in a chair (1 every 2 sec)

[20 Right arm small circles

[20 Left arm small circles

[ABC planks

{1:00 break in between rounds for water

Part #4 ABS:

[25 suitcases

[40 Russian Twists (20 each side)

[40 Crunches

[10 Tuck ups

[15 Whale Flops

Part #5: Stretch (hold each 20 seconds)

[One arm behind head (each arm)

[One arm in front of chest (each arm)

[Grab hands behind back-slow bend over

[Flamingo quad stretch each leg

[Floor stretch: legs in v and touch each ankle

[Butterflies

[ABC Ankle Flexibility Exercises