

## Gold Group week of April 13 dryland

(3 pages)

- **Forearm Strength:**
  - Daily while watching TV: take a nerf ball, squishy, tennis ball or racquet ball and squeeze it for 10 minutes each hand. This really helps increase strength. Having strong hands & forearms help with the catch and pull of your strokes.
- **Ankle flexibility:**
  - Two-three times this week, write the ABCs with each foot. Pretend your big toe is the pencil and write the alphabet. Don't rush. Ankle flexibility helps with kicking!
- **Activity Goal:** 30-45 minutes of exercise 4-5 times a week. Be active, be safe and have fun!
  - Cardio options: biking, walking, hiking, Jogging: this week, \*try to go 12 minutes jogging without stopping (try to go further than the distance you went last week) + 30 minutes walking. Please do this with a parent, safety first.
- **Weekly schedule for example:**
  - Monday: bike ride, Tuesday: dryland, Wednesday: jogging/walking, Thursday dryland, Friday off, Saturday: hiking, Sunday: walk or bike with family

**Dryland #1:** Lower body focus. You will need a stop watch. Take :15 between each exercise.

3 x

- 25 Squat Jumps
- **20 x Lateral leg lift-right side (see picture)**
- **20 x Lateral leg lift-left side**
- 20 front lunges (10 each leg)
- 2 x ABC Planks (in plank position, facing the wall, tap the wall with alternating hands every time you say the A-B-Cs. At CYAC we do this with a partner). Take :30 between this set of 2.
- 10 x 5 dice pushups
- **1:00 Right Leg Glute Bridge (see picture below)**
- **1:00 Left Leg Glute Bridge**
- 40 x bicycles (20 each leg)
- **20 x Inner thigh lift-right side (see picture)**
- **20 x Inner lift-left side**
- **20 Butt kicks Right leg (see picture)**
- **20 Butt kicks Left leg**
- 1:00 walk around the room break between rounds

**Lateral Leg Raises: (outer things)**



**Glute Bridges: (squeeze your Bottom)**



**Inner thigh Lift (note: this is a small movement)**



**Butt Kicks: Step #1**



**Butt Kicks: Step #2**



**Dryland #2:** You will need a stop watch. Take :15 between each exercise.

4 x

- 1:00 Jump rope (or jog in place if you don't have a rope)
- 10 large motion Right arm circles
- 10 large motion Left arm circles
- 30 high knees
- 15 squat jumps to streamline (try to touch your ceiling)
- **12 speed skaters (see picture)**
- **10 "Hand to elbow/elbow to hand" planks (see picture above)**
- **10 Kickouts (see picture below)**
- 20 forward small arm circles with thumb up in the air
- 20 backward small arm circles with thumb up in the air
- 25 seated rows
- 15 x streamlines laying on stomach.
- 1:00 break between rounds

**Speed Skaters:**

**Step 1: balance on left leg**



**Step 2: jump to right leg**



**Hand to Elbow Planks:**

**Step 1: Hand**



**Step 2: Elbow**



**Kick outs:**

**Step 1:**



**Step 2:**



**Single leg touches:**

**Step 1: Balance on one leg**



**Step 2: Touch the ground while balancing on one leg**

