

### **Gold dryland workout for week of May 4:**

- Don't forget to do your grip/forearm exercises when you watch TV (10 minutes each hand)
- 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: Dryland  
Wednesday: Bike Ride 45 minutes & Gold Zoom Meeting  
Thursday: Dryland  
Friday: Day off/Stretch/ABC ankles/Ball squeezes  
Saturday: Jog for 12 minutes + Walk for 30 minutes  
Sunday: Do something nice for mom ☺

### **Dryland #1:**

2 x

- 1:00 Run in place/high knees
- 1:00 Speed Skaters
- 10 x Burpees
- 10 squats
- 10 x 5 dice pushups
- 1:00 Run in place/high knees
- 10 x Burpees
- 10 dips
- 10 lunges (alternate legs)
- 1:00 between rounds

### **Core:**

2 x

- 10 lawnmowers each side
- 1:00 egg roll hold
- 20 sit ups
- 10 kickouts
- 10 whale flops
- 25 seated rows (suit cases)

## **Dryland #2**

Part #1: Warmup

Part #2: Lowerbody

Part #3: Upperbody/core

### **Warmup:**

8 minute run or

3 x 1:00 each: jog in place + jumping jacks+ mountain climbers +:30 break

### **Lower Body: 2 x**

- 2 x :30 wall sits
- 10 lunges each side
- 20 butt kicks each leg
- 20 lateral raises each leg
- 20 inner raises each leg
- 20 calf raises
- :30 between rounds to get a sip of water/shake out the legs

### **Upper Body/Core: 3 x**

- 5 diamond pushups
- 10 dips
- 20 kickouts
- 5 explosive pushups
- 40 shoulder circles/arm at side (10 each direction/alternate)
- 5 walkout pushups
- 1:00 horizontal flutter kick
- 1:00 between rounds to get a sip of water