**WEEK #1: Gold: dryland activities**

* Goal: 30 minutes of exercise 4-5 times a week.
* Cardio options: biking, walking, jogging (start off this week with 10 minutes jogging + 20 minutes walking), hiking, yardwork (such as raking, mom & dad can thank me later ☺).
* Alternate days with the below dryland activities.

Please make sure you have a flat, safe surface to do the below dryland activities.

**Dryland Option #1:**

* Warmup:
  + 30 jumping jacks
  + 20 arm circles each arm forward and backward
* 4 x

[10 jumping jacks

[20 front lunges (10 each leg)

[10 x 5 dice pushups

[40 seconds flutter kick on your back (count each leg as one)

[30 seconds planks

[20 bicycles (each leg is one)

[10 whale flops

(1:00 break between rounds)

**Dryland Option #2:**

* Warmup:
  + 30 mountain climbers
  + 30 x “jog in place” (count each leg as one)
* 4 x

[10 “jog in place (count each leg as one)

[20 squats

[10 pushups

[20 suit cases (seated rows)

[30 Russian Twists

[30 Crunches

[10 Supermans

(1:00 break between rounds)