**WEEK #2 (March 30): Gold dryland activities**

* Goal: 30 minutes of exercise 4-5 times a week.
* Cardio options: biking, walking, hiking, Jogging: this week, try to go 11 minutes jogging without stopping + 30 minutes walking. Please do this with a parent, safety first. Also, make sure you have good shoes—don’t run in high tops!
* Alternate cardio days with the below dryland activities. The below two drylands will take about 30 minutes each.
* *Weekly schedule for example:* Monday: bike ride, Tuesday: dryland, Wednesday: jogging/walking, Thursday dryland, Friday off, Saturday: hiking, Sunday: walk or bike with family

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

**Dryland Option #1: (leg focus)**

* Warmup: 2x
	+ 30 squats (pretend like you are sitting in a chair)
	+ 10 Large arm circles each arm forward and backward
	+ 10 Small arm circles each arm forward and backward
* 4 x

[Run up your stairs

[Walk down your stairs

[10 jumping jacks

[10 burpees

[10 squat jumps

 (1:00 break between rounds—try to walk around the room to keep your legs moving)

* Stretch

**Dryland Option #2: (abdominal focus)**

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

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

[10 walkout pushups

[30 seconds holding plank in pushup position

[20 dips (on a bench, chair or end of bed)

 (:30 break between rounds)

* Abs: 2 x
	+ 25 suit cases (Coach Leslie likes to call these seated rows)
	+ 25 crunches
	+ 1:00 flutter kicking
	+ 10 Toe touches (lay flat and with legs staying flat on ground, come up and touch toes)