

Corona Conditioning!!

Hello everyone!! Although this is a very unfortunate situation to where you can't be in the gym you can still take advantage of the free time you have at home and prepare yourself to be able to come back into the gym and be healthier and stronger than ever! The choices you make today will affect your training when you're back in the gym, so I hope you all are making healthy choices and finding ways to stretch and exercise each day. I recommend each day you stretch and pick one list to complete. You can also be practicing handstands and PRESSES at home, and whatever else you have room for and that is parent approved, of course. Have fun, be safe, and stay healthy!! Video is attached of directions and a message from one of your fav coaches!!

Legs:

Bakers dozen: (start at 13)

-In-out squats with 3 pulses

-Burpees with a push-up

-Push-up jump to straddle (push-up then jump feet to straddle so hands and feet are on the same line, make sure to keep arms and legs straight!!!)

-Lunge pulses each leg (start in lunge then do not move feet and straighten legs, then back to lunge, repeat!)

-Floor leg lifts

A bakers dozen is when you start with 13 of each exercise and when you finish then you do 12 of each exercise, then 11 and keep going down until you get to 0.

Arms:

3 sets of:

-10 sec push-up hold half way down

-10 sec push-up hold all the way down (but holding yourself up)

-10 sec push-up hold

-10 hand flips (to reverse then back forward=1)

-10 push-ups

-10 plank up-downs

50 arch rocks

100 sec of straddle holds (straddle L-hold on floor)

2x 1 minute wall Handstand (HS) (nose and toes against wall only, don't practice ugly shapes!!!)

2x 30 sec "open HS" (you should be an arm's length away from wall and be in almost a modified bridge shape, look at your hands ...if you really want to spice it up make hands narrow by putting your thumbs together)

2x 15 sec "hollow HS" (HS belly against wall then walk out about an arms length, open shoulders and look at toes)

10 presses where you can do it!

Abs/ Shaping:

Do this list in order and do not rest unless it says!

-10 sec hollow hold

-10 V-ups

-10 sec hollow hold

-10 straddle V-ups

-10 sec hollow hold

-10 tuck ups

-10 sec hollow hold

-10 hollow rocks

-10 floor leg lifts

-10 lift to candle (lay on back feet up lift hips up to candle then back down)

Rest

-30 sec push-up hold

-30 sec plank hold

-30 sec arch hold

-30 sec plank hold

-30 sec push-up hold

-30 arch rocks

Rest

-30 sec hip set

-15 bent leg hip lifts each leg

-30 hip lifts both legs

-30 sec hip set

-30 candle stick to straight jump

Rest

5x 10 sec push-up slides (you can rest in between sets)

10 HS planch fall to push-up

Everyday Stretching:

-3x15 sec split pushes (put your leg up high enough that your split doesn't go all the way down and push yourself as hard as you can for 15 sec then rest)

-1 min over split each leg, each side middle

-3x20 on knee pulses (kneel and straighten one leg to the front and lift and pulse)

-3x20 standing pulses backwards (keep chest up!)

-20 side kicks each leg back to first position

-20 bridge rocks with feet together (bend and straighten legs in a bridge, make sure to watch your hands!)

-10 5 sec ankle poppers with feet together (both feet at the same time and hold point then flex for 5 sec)

-25 fast ankle poppers

-10 up, down, circle around ankle poppers