

## **Weekly Online Workout** **Weeks 41 and 42**

### **Monday**

*Equipment: open space, medicine ball (MB), sandbag (SB), or homemade alternative, step, curb, plyo box, or other raised stable surface 6-36 inches high. Optional: physioball (or other large inflated fitness ball), TRX bands, or Power Wheel.*

#### **Warm Up:** (5-7 min)

Move in a 10-20 yard loop. Do the following movements going one direction of the loop only. Walk or jog on the other half of the loop. Walk briskly with high knees and big swinging arms. Walk, sweeping the ground with your fingertips on every step. Walk with giant strides. Jog. Jog with high knees. Jog doing butt-kickers. Side shuffle, without letting your feet touch or cross over. Carioca with your arms out front and your torso twisting. Perform high skips, swinging the arms big and trying to get as much air as you can. Backpedal bringing your heels high toward your butt. Jog with bounding steps – large, airborne strides.

#### **Main:**

- Short, Short, Long Run (or Walk) – Repeat the following three-phase pattern for 10 minutes. Backpedal (running preferably, but walking if necessary) for 10-20 paces, then side shuffle for 5 paces to the right or the left. The lower your hips are to the ground on your side-shuffles, the better it is for you. Side shuffle to alternating sides each round. Following your side shuffles, run forward (or walk, if that suits your fitness level better) for 30-50 strides. Repeat, repeat, repeat until the 10 minutes is up.
- Double Downs – Below are three pairs of activities. Alternate between the two activities in the first pair. Do 10 repetitions of each, then 9 of each, then 8 . . . until you get to 1 repetition of each. Then do the same with the two remaining pairs of activities. Take a 30 second to 2 minute break between each activity pair.
  - A. Iron Cross – Start in a squat, holding the MB/SB extended out in front of you at chest level. As you rise from the squat, press the MB/SB overhead. Repeat this pattern of squatting while pushing the weight forward and rising while pressing the weight over head.
  - B. Jumping Jacks – Jump your legs wide apart as you bring your arms together overhead. Then jump your feet together, while bringing your hands either down to your hips, or clap them together behind your back. Keep your knees and toes aligned throughout. This should be done at a high tempo.
- A. Prison Cell Pushups – From a standing position, put your hands on the ground, jump or step back into a plank. Perform a regular pushup, draw your right knee to your chest then return it. Do another pushup, draw your left knee to your chest, and return. One more pushup, then jump or step to return to standing, lifting your hands to the sky as you do. Variations: place hands on raised surface and do inclined pushups; draw right then left legs to chest between pushups.
- B. Box Jumps - Stand facing plyo-box, wall, step, or bench 6-36 inches high or better (adjust as needed). Make it a challenging height. Increase challenge by holding DBs. Jump onto and off the box, keeping your feet, shins and thighs parallel to each other. Take off and land in semi squat with soles of your feet landing on the box with each

jump (not just your toes). Or modify these downward by stepping onto box instead of jumping, then doing a squat before stepping down.

- A. Throw-Catch, Push-Catch, Double Twist – Holding the MB/SB in both hands with and underhand grip, squat down, lowering the MB/SB toward the ground. Jump up from the squat (or stand) while throwing the MB straight up into the air. Catch the ball overhead. Lower it toward your collarbone as you lower into a squat. Jump up from the squat (or stand) while pushing the MB/SB (shot-put style) straight up into the air. Catch the MB/SB, hold it straight out in front of you and twist once to the right and left. That is one repetition. What fun!!
- B. Hamstring Rolls – Lie on your back, placing your feet on top of a MB, physioball, or in the cradles of a Power Wheel or TRX bands. Your legs should be straight to begin. Place your palms on the ground and raise your hips off the ground. Bend your knees to draw the ball toward your butt, or to draw your heels toward your butt if you are using a Power Wheel or TRX bands. Squeeze your butt cheeks while you hold for a count, return your legs to straight and repeat. To increase the challenge, raise your hips higher, draw you heels all the way to your butt, or do it one legged, with the other leg extended skyward.
- Run – Go for a 7-10 minute run, jog, jog/walk, or walk (depending on your fitness level).

#### Abs/Core:

- Crunch Variations - do three sets of 10-20 of each of the following variations-
  - Regular Crunch - Lie down on the floor on your back and bend your knees, placing your hands behind your head or across your chest. Pull your belly button toward your spine, tilting your pelvis forward, and flatten your lower back against the floor. Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor. If your hands are supporting your head, do not pull with them at all. Keep your lower back in contact with the floor at all times. Exhale as you come up toward the sky and keep your neck straight, chin up (not tucked to your chest). Hold at the top of the movement for a few seconds, breathing continuously. Slowly lower back down, but don't relax all the way.
  - Temple Crunches – Same as above but place your fingertips on your temples and keep your elbows pointed outward throughout.
  - Pencil Tip Crunch – Same as a regular crunch, but extend both arms overhead, touching fingertips together. As you do your crunches, you arms should stay by your ears and should not come in front of your face.
- Side Plank Twists – Get into side plank positions, body straight, balancing on the outside of one foot and one hand (or get on your forearm and stacked or split ankles). With your left hand behind your head and that elbow pointed up, slowly twist at the waist until your torso makes a 90-degree turn and your left elbow touches the floor. Try to keep your hips as vertical as possible. Return to start position. 10x each side. Modify by just holding the side plank position for 10 seconds each time.

## Tuesday

*Equipment: track or open space and markers*

### Warm Up: (10 min)

Yoga Moves – go through the following progression repeatedly for 10 minutes.

Stand tall and bring your hands overhead. Bend forward to flat back with wide arms. Bring hands to toes, then drop your head. Place your hands on the ground, step or jump back into plank, then lower halfway down keeping your elbows pulled toward your ribcage. Straighten your arms, keeping hips low toward ground, raising chest to sky. Back to plank, do one pushup, then go to Downward Dog (butt up, straight arms and legs, head between arms). Lift one leg high toward the sky, then bring it forward toward your chest, planting your foot between your hands (Runner's Pose). With front leg bent and back leg straight, and your back toes facing forward, face forward over bent knee and raise your arms up high (Crescent Pose). Place your back heel down and point the toes outward, while opening up your hips. Lower arms out to sides at shoulder level, in line with your legs. Look out over the arm that is over the forward bent leg (Warrior 2). Tilt your arms, back arm reaching down your back leg, front arm pointing to the sky, and look up to the sky (Reverse Warrior). From here, go back to Runner's pose, then to Downward Dog. Lift the other leg high and go back to Runner's Pose and follow with Crescent Pose, Warrior 2, and Reverse Warrior. Then back to Runner's Pose and Downward Dog. Jump or step feet to hands, inhale and straighten legs but keep hands on feet or ankles. Exhale and stand up tall. (You might want to keep a cheat sheet nearby for this so you remember the order.)

### Main:

- I-Go-U-Go Loops – Using markers, create a loop that will take you approximately 30 seconds to run around. If working with a partner, you will take turns running the loop. One partner runs while the other rests. If working out alone, run one lap, rest 30 seconds and repeat. Each partner runs the loop a total of 3x. Then increase the size of the loop. This time the loop should take you 45 seconds to run. Each partner runs the loop a total of 2x.
- I-Go-U-Go Loops with Strength Activities – Partners take turns running one lap around a standard sized track or around a loop of your own making, one that will take you 2-3 minutes to complete. The waiting partner will do one of the following sets of exercises while waiting for their partner to return. If working out alone, run a lap, do one of the following two exercise sets, and repeat. If you complete the exercise set in less time than it took you to run the lap, use the remaining time to rest. Continue this activity for 30 minutes.
  - Exercise Set One
    1. Pull-ups and Pushups – Choose from angled pull-ups with feet on the ground, jump assisted pull-ups, or regular pull-ups. Choose from regular pushups, pushups on your knees, inclined pushups, declined pushups, or plyo-pushups (your hands leave the ground on each pushup). Do 2 pushups followed immediately by 2 pull-ups. Repeat for a total of 3 sets. Increase the number of reps to 5-10 of each for more of a challenge.
    2. Vertical Holds or Dips - Suspend your bodyweight on your arms. Your arms should be fully extended, hands placed on two stable surfaces – railings, parallel bars, walls etc. or on suspension rings or cables. Pick one of the following variations – just hold for max time, perform vertical dips (lower body by bending at the elbows and then raise back up), perform knee raises (lift knees toward chest), perform L-Sits (bend at the hips and raise straight

legs until they are perpendicular to your torso). Perform two, 30 second holds or your max. If doing the dips, perform 2 sets of 10 or your max.

3. High, Low Touches – The following exercise can be done using a pole, a post, a fence, suspended rope, straps, or cables, or even at home using the door knob of an open door. Directions are given as though you are using a pole. Stand facing the pole. Grab the pole with one hand anywhere from waist to chest level. Step your feet forward straddling the pole. The further forward your feet are the more difficult the exercise. Bend at the knees, lower your butt toward the ground, lean backward and touch the ground behind you (or reach toward the ground) with your free hand. Now pull with your hand on the pole and push with your legs to return to standing. Reach and touch as high on the pole as you can. Repeat. Make sure your abs are engaged throughout the entire movement. 10-20x each side.
  4. Hitchhikers – Stand tall, then lean forward, bending at the waist until your torso is parallel to the floor. Your back should be flat and your abs engaged. Lift your arms out to the sides to shoulder level, thumbs pointed toward the sky. Keep the thumbs up throughout the movement. Raise your thumbs higher and squeeze your shoulder blades together at the top of the movement, then lower to shoulder level. Repeat. 20-50x.
- Exercise Set Two
    1. VTV - Lie face down on your belly, arms alongside your body, palms up. Arms are now in an inverted V position. Keeping legs straight, raise legs, head and chest off the ground. Lift your arms (keeping them straight) and rapidly beat arms upward 30-100x. Immediately move your arms to a T position, extended out to the sides, turn your palms downward. In the same raised position, beat your arms another 30-100x. Then raise your arms to the front, extended in front your head in a forward V position, and beat for another 30-100x. Your wrists and elbows should be locked throughout this exercise.
    2. Prone Rows – Lie face down on the ground, arms straight and extended in front of your head. Turn your palms downward and lift them 2 inches off the ground. Raise your head, chest and legs as you draw your hands back toward your shoulders. Your hands become fists as they reach your shoulders. Hold for a count as you squeeze your butt cheeks and upper back muscles. Return to the start position and repeat in a slow, controlled fashion. Do not jerk to perform this move. If you feel back pain, modify the move by not raising the head, chest and legs as much. 10-25x.

#### Abs/Core:

- Sit-Up, V-Up – Lie flat on your back, with your legs straight out and your arms extended up into the air. Raise your torso as if you were doing a standard sit-up, touching your hands to your toes. Slowly lower your upper body back to the ground while simultaneously bringing both legs up to 45 degrees. Bring your torso back up, reaching for your toes while your legs are in the air. Lower both torso and legs back to starting position and repeat. 10-20x.
- Reverse Crunches - Lie on your back, hands at your sides, palms down, knees bent, heels resting lightly on the ground. Draw your knees to your chest, chin, or face (depending on your abilities). Hold for a count and lower. Try to get your hips to come off the ground with

each crunch. Don't jerk to get your legs up there. It's muscle not momentum. Variations – instead of tapping heels between each crunch, extend your legs parallel to the ground; twist your legs to alternating sides as you crunch, bringing them to your shoulders. 10-30x.

- **Butt Cheek Hold** - Lie on left side and prop yourself up on left elbow, keeping it directly beneath shoulder. Place right hand behind head and bend knees, bringing feet off floor and rolling back onto left butt cheek (where your jeans pocket would be). Contract right side of torso and straighten legs while extending both arms out parallel to the ground toward your legs. Balance on that left butt cheek and hold for 30 seconds. Then switch sides for another 30 seconds. If you need to tone it down a bit, keep your elbow on the ground. Do 2-3 sets.

## **Wednesday**

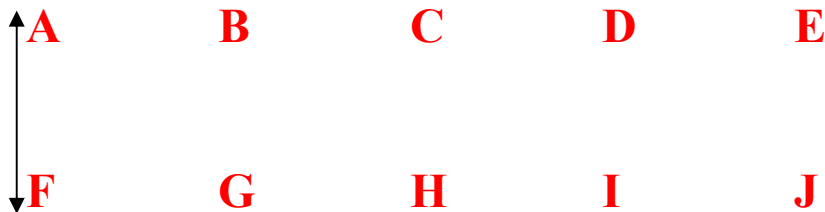
*Equipment: open space, markers*

### Warm Up: (5-7 min)

Make 2 parallel lines of 5 markers each. The two lines of markers should be about 7 yards apart. The markers of each line should be about 5 yards apart. If working out in a group, divide into two lines, standing close together, centered up at the bottom of the two lines of cones. Both lines jog forward up the center – between the two lines of cones. At the end, one group turns to the right and the other to the left, wrapping around the outside of the cones and coming back to the start. Jog 3 times. Then backpedal up the center and jog back 3x. Shuffle up the center and jog back 4x, changing your lead leg each time. Skip up the center and jog back 2x. Carioca up the center and jog back 3x. Repeat until you have done this for 5-7 minutes. If working out alone, do the same moves up the middle and jog back down the outside. The goal is to warm the muscles, raise the body temperature, etc. A good warm up should have you just breaking a sweat at the end.

### Main:

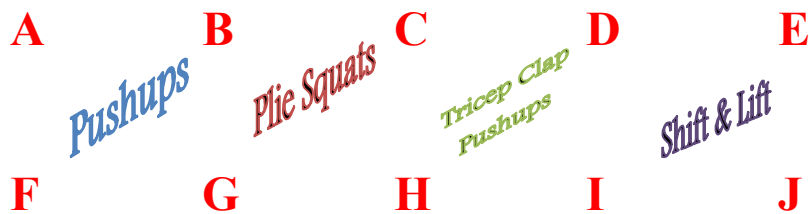
- **30 Second Switches** - Use the pattern of cones laid out for the warm up.



Partner up if working out with a buddy or in a group. Take turns working between 2 cones (cones A and F for example) at a high Push Factor for 30 seconds (PF8-9). One partner works, while the other counts. *Make the switches fast and immediate when the 30 seconds are up.* The counting partner announces the repetitions the working partner completed before she/he starts her/his 30 second set. Challenge yourself to beat your partner or to beat or match your previous round's count if working out alone. Each partner will do 2 sets of each of the following activities.

- **Forward/Backs** – Work between two markers that are about 7 yards apart (markers A and F, for example). Run forward from A to F then backpedal back to the A, getting your feet all the way past each marker. Do as many trips as possible.

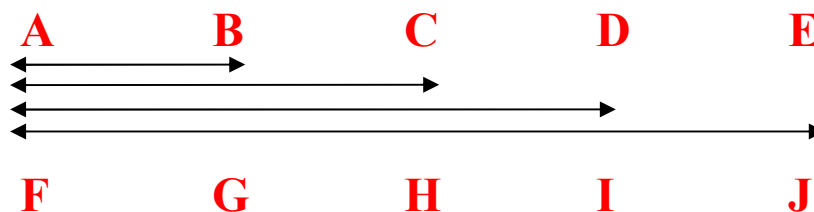
- Side Shuffles - Squat low and shuffle sideways between markers A and F (or similar) without letting your feet touch or crossover. To make it more challenging, you may touch one or two hands to each cone or the ground at each end. Get in as many trips as possible.
- Forward Only – This is the same as Forward/Backs except that you will run forward for both directions. Do as many trips as possible.
- Halfbacks – Work between two markers 7 yards apart (A and F for example). Imagine a 7 yard long lane between the markers that is about 2-3 feet across. Starting at the base of the lane leap diagonally across the lane, draw the trailing foot to the plant foot (but don't put it down), then immediately leap diagonally across the lane to the other side. Make four of these diagonal bounds as you move forward down the lane. Then backpedal to the start with 6 fast, high steps. To modify, narrow the lane and step diagonally across instead of leaping. Complete as many trips as possible.
- 20/10s for 60 – Move through the following 4 activities. You can perform one activity in each of the four squares created by the markers you have laid out.



For each of the activities work as hard as you can for 20 seconds, rest for 10 then repeat until 60 seconds has lapsed. Then move on to the next activity (square). Repeat the four activities.

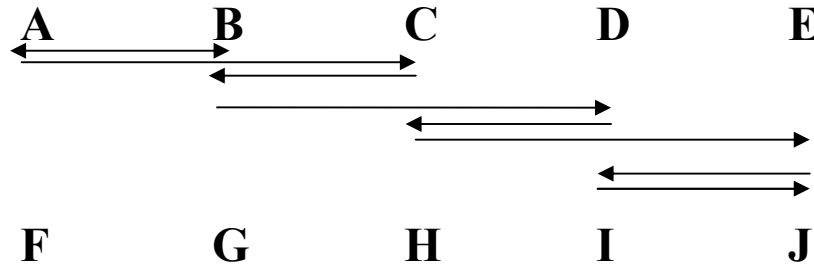
1. Pushups – Choose the version that fits you. Just make sure you lower your straight torso down when you lower, not just your head. Regular pushups, with weight on hands and toes, should have a straight line from the base of your head to your ankles. Knee pushups, with weight on hands on knees, should have a straight line from the base of your head to your knees, and feet off the ground. Inclined pushup has your hands planted on a raised surface. Declined pushup has your feet resting on a raised surface.
2. Plie Squats – Stand with legs wider than hip-distance apart. Point your toes outward and lower into a squat. Your knees and toes should be lined up, pointing the same direction. Raise your heels as high off the ground as you can and begin to raise and lower your hips about 6 inches. Keep your chest and head tall. Do these at a high tempo and get ready for the burn. To increase the challenge, perform small jumps from plie stance.
3. Tricep Clap Pushups - Kneel on the floor, placing your hands in diamond shape on the ground just below your chest. Form a straight line from your knees to your shoulders to the top of your head, and keep your feet off the ground. Lower your body until your arms form a 90 degree angle, then push back up explosively, clapping as you balance on your knees. Make these easier by making them inclined tricep clap pushups. Do these in a standing position using a railing or flat stable structure. Make the pushups harder by doing them in a declined position.

4. Shift and Lift – Stand with your feet wider than hip-distance apart, toes pointed slightly outward, and squat down, keeping your head and chest up. Touch your fingertips to the ground. Shift your weight over the right leg, dragging your fingertips to outside your right foot. At this point use your hands for support and lift your left leg up to the side. Keep it straight and try to get it parallel to the ground. Lower the left leg and shift your weight to the left, dragging your fingertips as you do. Lift the right leg. Repeat.
- Shuttles – If working out with a group, divide into pairs or groups of no more than 3. Using the same marker setup from the previous activities, each team stands in line with markers A and F looking ahead at the lines of markers. If you have two teams, each team will stand at the bottom of one of the lines. If you have 4 teams, each team will stand just to one side of the first cone in the line. Additional teams can be placed out to the sides. If working out alone stand between markers A and F.
    1. Build Up Shuttles - At the signal, the first person in each line runs out equal to markers B and G then turns and runs home. Then the next person goes until all on the team have done this distance. Then each person takes turns running out equal to markers C and H and home. Continue this pattern to markers D and I and home, then E and J and home. First team to finish wins. Non-winning teams do 3 burpees. If working out alone, you can do the same sequence without breaks, or you can take one breath before sprinting each length.



2. Build Down Shuttles – Run the shuttle pattern again. This time reverse the pattern and run to the furthest marker first and end with the shortest distance. Again, if working out as a group, team members take turns running each distance. The first team done, wins, and doesn't have to do 3 burpees. If working out alone run the same sequence, building downward in the shuttles.
3. Build Up and Down Shuttles - Race again, if working out as a group. This time each person on a team will run the whole shuttle course. The first person runs the whole build up sequence (run to markers B and G then home, to C and H then home, to D and I then home, then to E and J and home). Then the next person goes. Then each player will take turns running the whole shuttle pattern, building down. First team to get all their players through the shuttle pattern twice (once building up, then building down) wins. And you already know what the losing teams have to do. If working out alone, run the whole shuttle pattern building up from the shortest distance to the longest, but backpedal on your return. Take a 30 second rest and run the shuttle again, building downward this time.
4. Up Two, Back One Shuttles - This time, instead of running home between each trip out to the markers, backpedal one cone. It goes like this: start at markers A and F and sprint to markers B and G, backpedal home. Sprint to C and H, backpedal to markers B and G. Sprint to D and I, backpedal to C and H. Sprint to markers E and J,

backpedal to markers D and I. Sprint to E and J again, and that is the signal for the next person in your group to go while you jog back to the start. Same reward/consequences. If working out alone, run the same sequence.



- Rectangle Intervals: Using the perimeter of the marker pattern you've been using, run intervals. For one minute, sprint the long sides (A to E and F to J), jog the short sides (F to A and E to J). For one minute, sprint the long sides, side shuffle the short sides. For one minute backpedal the long sides, carioca the short sides. For the final minute, sprint the long sides, bear crawl the short sides. You may use additional cones to make the rectangle larger for those who need more challenge and smaller for those who need the activity toned down a notch.
- 20/10's for 60 Encore – If you have time, repeat this activity from above.

Abs/Core:

- Single Leg V-Ups - Lie on the ground with one leg straight and on the ground, while the other leg is bent with the foot on the ground. Extend both hands on the ground overhead. Head should be in a neutral position with a space between chin and chest. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off ground. Raise extended arms, and the straightened leg toward sky. Only raise the straight leg high enough to be even with the thigh of the planted foot. Slowly return to start position. 10-20x on one leg, then repeat with other leg. Variation: hold a medicine ball or other weight in hands to increase the difficulty.
- Seated Crunchy Frog – Sit on the ground, knees bent, feet on the ground with your hands extended out to the sides parallel to the ground. Raise your feet off the ground and bring your knees toward your chest. At the same time wrap your arms around your knees, but don't touch the knees. Extend legs out to straight and parallel to ground and extend arms out to sides. Repeat. 20-40x.
- Dog to Plank to Chat – Start in downward dog position (start on hands and knees, with your hands slightly forward of your shoulders. Pull your knees away from the floor and lift the butt toward the ceiling. Straighten your knees but don't lock them. Keep your head between the upper arms; don't let it hang. Support your weight on your flat feet, if possible, and palms of your hands.) From here lower your butt, rock forward into plank position (the "up" part of a pushup). Now lower halfway down, bending at the elbows (keep them pulled toward your ribcage) and bringing your chest close to the ground. Hold each of these positions for 10 seconds. Repeat 5-10x with no break between sets. Don't move your hands as you move from one position to the next.

## Thursday

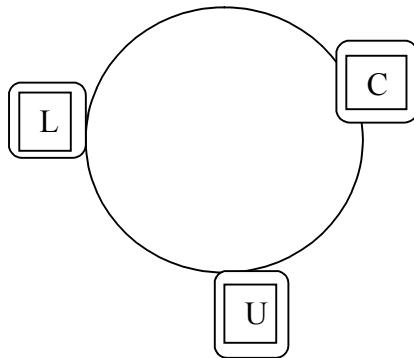
*Equipment: open space, markers, jump rope, lightweight dumbbells (DB), hand weights, or homemade alternative (canned food, rocks, soda bottles filled with sand), access to pull up bar, a substitute (i.e. playground structure or tree limb), or a TRX band anchored overhead. Optional: upbeat music to jump to that lasts 3-4 minutes.*

### Warm Up: (5-7 min)

Use markers to create a circle 10 - 25 ft. in diameter. Stand at the perimeter of the circle. Begin by jogging into the center of the circle, then backpedaling out. Repeat for 30 seconds. Next, shuffle counterclockwise around circle. After 5 strides to the side, run forward to the center and back 3x. Repeat this pattern for 1 minute. Then do the same with the side shuffle moving clockwise. Skip forward around the circle. Every 5 skips, carioca to the center of the circle and back 3x. Repeat for 1 minute. Jog to the center and do 5 jumping jacks, then backpedal out. Repeat for 1 minute. Run around the circle kicking heels to your butt. Every 10 steps, do fast-feet steps moving sideways to the center of the circle and back.

### Main:

- Jump Rope, Session 1 – Grab your jump rope and jump for 3-4 minutes. Change up your jumping style as you go. If you don't have a jump rope, you may use my invisible jump rope. If you have music to jump to, it will be more fun. And if you have a picture of some goal you are working toward, put that out where you can see it while you jump to keep you focused, motivated and working hard. If you make a mistake, just keep bouncing and moving while you get reset.
- Circle Stations, Set 1 – Using the same circle you created for the warm up, designate three stations.



Start at any station you want. Perform the activity there, jog to the next station, repeat. If you need a longer break, jog all the way around the circle before moving to the next station. Continue the Circle Stations for 15 minutes.

- Lower (L) – Fighting Duck Squat– Stand holding two light DBs or other homemade weights at chest level. Take a large step to the side, squat low (duck) as you slide your trailing leg over, stand up into fighters stance (feet hip distance apart and staggered, knees slightly bent) and punch the DBs out front at eye level four times. Then take a large side step back toward where you started, slide the other foot over as

- you sink low in the squat, rise and punch four times. That is one repetition. Do 6, 10, or 20x.
- Cardio (C) – Riverdance - Alternate lifting your feet, touching the inside of your left foot with your right hand, then the inside of your right foot with your left hand. Or touch the outside of each foot with the hand of the same side. Or, if you are really coordinated and want a challenge, touch the inside then the outside of the right, then the inside then the outside left. This is to be done at a high tempo. If you can do it running in place, that would be great. Get those arms up over your head when not touching your feet. Counting each touch of a foot as one, perform 40, 60, or 100x.
  - Upper (U) – Pull Up Work – Pick the version that works for you.
    - Perform a total of 10 regular, full hang, vertical pull ups or chin ups. In segments or all at once. If you can't do full pull ups, try one of the following variations.
    - Perform 10-15 Jump-Assisted Pull Ups. Place your hands on a bar overhead, jump upward, and hold yourself with the bar at your chest or chin level. Then slowly lower. Don't put your feet down until your arms are fully straightened.
    - Perform 10-15 Squatted Pull Ups. Choose a bar that is about chest to head high. Squat underneath it, holding it with both hands, with your arms fully extended. Let your legs assist you as needed to perform a full pull up. Try to pick your feet up and lower yourself back to the start, if possible.
    - Perform 10-15 Angled Pull Ups. Do these with your feet on the ground. These are best done using a swing set swing, rope, cable, or TRX Bands. The angle of the swing or TRX Band, rope, or cable can be at 60 or 90 degrees. Hold the handles at your chest, feet flat on the ground throughout, and lower your butt toward the ground until your arms are straight. Then pull yourself up to the start position. Don't get up on your toes, and only provide minimal assistance with your legs.
  - Jump Rope Session 2 – Same as session 1.
  - Circle Stations, Set 2 – Same procedure as in set 1, but with 3 new exercises. 15 minutes.
    - Lower (L) – Explosive Step Ups – You'll need a curb, box, low wall, step or bench. Face the step, placing one foot on top. Explosively push off with your front foot launching your body upward into the air. In mid-air switch feet, landing with the opposite foot on the step. Repeat hard and fast trying for maximum height. 10, 20, or 40x.
    - Cardio (C) – Heismans - On your toes, take four high side steps (as if you were stepping over four, 6 inch hurdles or tires). On the fourth step, don't put the trailing leg down. Instead, bend the knee, bringing it up high as you lean out over the plant leg. Repeat in the opposite direction. For extra challenge, grab that raised foot as you hold. 10, 20, or 30 trips.
    - Upper (U) – High Five Tricep Dips – Sit on a bench, low wall, or couch. Slide off the edge, supporting your weight on your straight arms. Lower yourself toward the ground and raise yourself back up, then raise one hand as though giving a high five. Repeat, alternating the arm giving the high five. Bent legs make it easier while straight or elevated legs make it more difficult. Those with shoulder issues, may want to stick with regular tricep dips or pushups. Perform 6, 10, or 16 high fives.

- Jump Rope Session 3 – Same as session 1. Do this one with a big smile and extra energy. Keep your goal in front of you, scream your mantra, and PUSH.

### Abs/Core:

- Crunch with a Twist – Lie down, with knees bent and feet on the ground. Do standard crunch with your arms folded across your chest. At the top, hold, and twist right and left 4 times, touching your elbow to the ground each time, then lower to the ground. 10-30x.
- Playing with Planks – perform the following plank variations:
  - Regular plank – hold for 30 seconds.
  - Drop to forearms and toes for sliding plank. Slide forward and then back slowly 10x.
  - Drop to child’s pose (on hands and knees, bring your pelvis back to between your ankles, while your knees spread out and your arms stretch forward and your head in line with your spine) for 20 seconds.
  - Then up in regular plank for 30 seconds
  - Roll to sideways plank on the right side. Squeeze your butt cheeks and look up to the sky. Raise and lower hips. 10x
  - Back to regular plank for 30 seconds.
  - Move to sideways plank on left, with 10 hip raises.
  - Back to a regular plank for 30 seconds.
  - Rest in child’s pose for 20 seconds.
  - Repeat the whole plank series.

### **Friday**

*Equipment: open space with access to a curb, markers, sports ball such as a soccer ball, volleyball, football, or playground ball.*

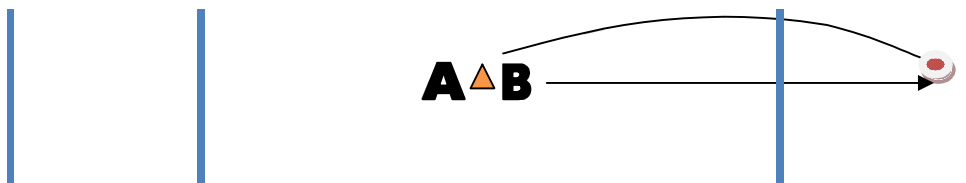
### Warm Up: (5-7 min)

Toss your ball out, jog out to it and bring it back. Repeat several times at varying distances. Then change the jog to a backpedal, side shuffle, high skip, power skip, butt-kicker jog, high knees, and carioca. If working out as a group with several balls, throw all of the balls out at once. Each time you bring a ball back, throw or kick it out into open space, but go retrieve a different ball.

### Main:

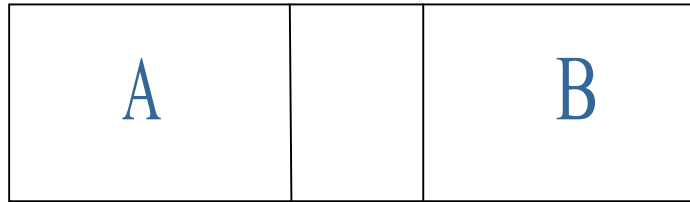
- Curb and Go – The following combos start with a curb activity, followed by a 10-25 yard sprint, then a stationary activity with the ball. Once you complete the stationary activity, dribble, set, toss and catch, or juggle the ball back to the start. Rest for 10-30 seconds and repeat. Do each combo 3x before moving on to the next activity.
  - Calf Raises to Squat Jumps – Stand on the edge of the curb, with your heels hanging over the edge. Hold the ball with both hands high overhead. Perform 10-30 fast calf raises (raising high up onto your toes and lowering), then sprint forward 10-30 yards for Squat Jumps. Squat down, touching the ball to the ground, then jump lifting the ball overhead. Repeat for 10 squat jumps.
  - Reverse Lunges to Ball Pushups – Stand with both feet on top of the curb, holding the ball overhead with both hands. Step way back with your right leg, bending the left leg to 90 degrees, lower your hips toward the ground until your right knee almost touches the ground. Push the ball out in front of you. Hold for a count and then push off with left leg to bring right foot back up to the curb (or bring the right leg forward, bending

- the knee and bringing it to waist high), while raising the ball high overhead. Repeat on the right leg 10x. Then 10x on the left. Sprint forward 10-30 yards, place the ball on the ground and do 5-10 pushups. The type of pushups you do will depend on the type of ball you are using. Place one or both feet on the ball or place one or both hands on the ball during your pushups.
- Curb Jumps to Ball Bridges - Stand on the ground, squat down facing the curb. Get good and low in your squat – thighs parallel to the ground, if possible. Jump up onto the curb, landing with both feet, maintaining a low squat. Jump back off curb, landing in low squat. Repeat 10-20x then do your sprint. Place the ball on the ground. Lie on your back, bend your left leg, placing the sole of your left foot on top of the ball. Raise your right leg up into the air. Push down on the ball to elevate your hips into the sky as high as you can. 10-20x each leg.
  - Rotating Sprints – If working out in a group, divide into teams of three. Place two people on one end of a 10 yard distance facing the third partner at the other end. The first person on the two person side sprints the 10 yard distance. As soon as he/she arrives, the waiting person sprints back in the opposite direction. When he/she arrives, the next person goes. Continue in this way until each person has sprinted 5x. Then increase the distance to 15 yards apart. Remember, the first runner must come off the side with two, otherwise total chaos will ensue and it could be the end of the civilized world as we know it. Each person will do 4 sprints at this distance. Then increase the distance to 20 yards, and have each person do 5 sprints (not a typo – go ahead and exert yourself). Increase the distance one more time, making it a 25 yard sprint. Each person will do 4 sprints at this level. If someone’s fitness level doesn’t work with the increased distance, that person may stay at the distance that they feel is challenging yet not too much. If working out alone, take a 1-5 second breather between sprints.
  - Touchdown Runs – Use markers to create two end zones (shown with blue lines) 20-40 yards apart with a marker in the middle.



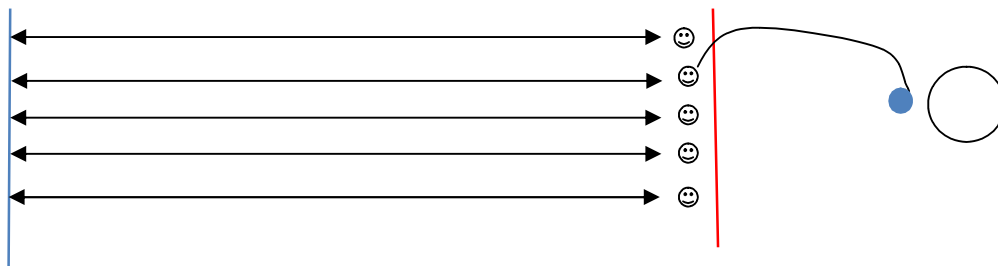
- Partners - Two players (A and B) start at middle marker. B runs to the back of an end zone and turns to catch pass in end zone. Player A must throw the ball so that it arrives just as the receiver reaches the back of the end zone. The receiver then jogs to center, and the thrower (A) now becomes receiver and runs to opposite end zone. Play until you have completed 20 successful touchdowns. Variations – balls may be punted and caught, or punted and controlled with the body/feet (soccer style).
- Solo - You will work end zone to end zone. Lay out two targets, about 10 feet in diameter, 20-40 yards apart. Standing at one target, throw or punt your ball to the other target. Run to retrieve the ball and throw/punt to the other target. You must alternate targets with each attempt. Play for 10 minutes or until you have 20 points (one for each time you hit the target).

- Zone Ball – Use markers to create three zones. The zones on the ends should be adjusted to fit the group size (1-3 people) and the fitness level of the players. The zone in the center (No Man’s Land) should be 5-10 yards wide.



The rules are the same for a 1v1 game or teams. The goal is to throw or punt balls into your opponent’s area. Every ball that bounces in your opponent’s zone is a point for you/your team. Balls that bounce or roll through No Man’s Land cannot count as a score. For a bounce to count, it must not have bounced outside the scoring zone before landing. Every throw/punt must go at least 6 feet into the air to count as well. To keep points from being scored against you, you must catch or control a ball before it bounces in your area. Use speed, quickness and fakes to catch your opponent off guard. Decide ahead of time if you will throw and catch the balls, punt and catch the balls, or play this game using soccer skills. If playing in a group, have multiple balls in play. One less than the number of people playing is a good place to start. Limit team size to 3 people. Keep moving at all times. If someone is caught standing still, that is a point for the other team. Highest score after 5-10 minutes wins.

- Solo – If playing alone make the center zone smaller. Stand in zone A, punt or throw the ball high toward zone B. Sprint and try to catch the ball (or control it for all you soccer players out there) before it hits the ground. Repeat in the opposite direction. Play for 5-10 minutes, making sure to really challenge yourself each time.
- Score or Else – Use a bucket, trashcan, ring of markers or your workout mat to create a target. Have a shooting line (red) 10-15 feet from the target and a sprint line (blue) another 10-30 yards behind that.



All players stand at the shooting line, with their balls at their feet. One person shoots for the target. If he/she misses *all* players must sprint to the back line and back. Those arriving back first will do Jumping Jacks while waiting for the others. The shooter who missed must retrieve his own ball. Then another player takes a turn shooting. When someone scores, no sprint is necessary, but every miss results in a good hard sprint. Play until all balls are in the

bucket, trashcan etc, or until every ball has gone into/hit the target. If playing solo, play until you have scored 10x. Play another round, if time allows.

#### Abs/Core:

- Personalized Ab Moves – Sit on the ground, place a ball between your feet, and lie back on the ground. Place your hands under your tailbone, push your lower back into the ground, and raise your straight legs off the ground, holding the ball firmly as you do. Keeping your lower back pressed against the ground, trace the letters of your first and last name in the air with the ball. Keep those legs straight and make nice big letters. Will it be print, cursive, all caps? It's up to you. Just make it slow, controlled and challenging.
- Ball Pass - Begin by lying on your back with your legs straight up (bend them if needed), holding the ball straight up over your hips. Put the ball between the feet, squeezing them to keep the ball in place, and lower legs down towards the floor, bringing your hands overhead and to the ground. Bring legs and hands upward and take the ball into your hands. Lower the arms and legs down towards the floor again and continue, exchanging the ball between the hands and feet. 10-30x.
- Ball on Your Back Planks – Perform a perfect plank (on your hands or forearms) and place a ball on your lower back. If your plank is perfect, the ball will stay on your back. If you have no problem maintaining a flat back and keeping the ball in place in a regular plank try lifting and pointing an arm or leg (3 Point Plank) Do three 30-60 second sets.