



Recreational and Team Levels

Hi Everyone! Here are some circuits I tried out with my own children this week and they had a blast! Again, I have to keep things new and interesting or I lose them...as they are not conditioning with their friends...Feel free to substitute what works for you as I know families have different equipment at home. I know pull-ups can be a hard one. Some alternatives to when I list pullups as an exercise can be: a row with any type of band. A theraband or band with handles may be a good purchase during this time. There is a lot that can be done with them and we will use them again once back in the gym. Also you can do a superman position-either arms up our out (thumbs up)-do reps or holds, or hold superman and have arms move from 90 degree angle to up overhead (mimic shoulder press) We just want the back muscles involved. You can almost use any semi heavy object to do a row motion, (I stuffed a small duffel bag and held onto the handles). Do 2 or 3 rounds of each circuit, and keep it safe along!

Another thing to think about on days they just aren't feeling it...presswork is always great!!

*pullups

*dolphins

*cardio choice

*pushups

*plank rotations

*cardio choice

*handstand shoulder taps

*runners

*sprint up hill repeats

*pike pushups

*burpees

*jump rope 2 min

*box jumps (squat jumps)

*superman lifts with 3 sec hold

*chases 2 min each leg (in front)

*traveling pushups (2 steps pushup, etc)

*side plank lifts

*cardio choice

*pullups

*opposite knee/elbow (push up position)

*sprint 30 sec then slow jog 1 min

*alternating leg pushups

*twisters (use any heavy object)

*backwards running as fast as you can, safely

*handstand shoulder taps

*plank jacks

*high knees in place, then runners on ground

*handstand walks

*v-ups (or tuck ups) followed by plank hold

*sprint followed by lunge walks

*caterpillar pushups

*jump-knees in/out

*cardio choice

*one leg hops fwd followed by one leg hops in place

*plank rotations

*jump rope one leg

*pike pushups

*superman lifts

*alternate burpees with jump rope

*pullups or row

*candlestick lifts followed by side plank lifts

*jump rope 30 sec then sprint hill

*choose your own upper body

*choose your own lower body

*choose your own core

*choose your own cardio (4 things this time!)

Thank you to coach Nicole.

Stay strong everyone!