DRYLAND WORKOUTS

WARM-UP JOG
0.5-1mi around the neighborhood

RUN/BIKE/HIKE
Get outside and enjoy the weather! Be safe!

SIT UPS
60-80 reps of each, 2 rounds for more fun

- **Boxer sit ups**: Feet flat on ground, use arms for momentum to get chest to knees
- **Leg lifts**: Shoulders and hips flat on ground, legs start at 6 inches off ground, lift to 24 inches
- **Crunches**: Arms cross over chest and feet in the air with ankles crossed, elbows and knees come together
- **Freestyle kick**: 1-2 minutes of continuous kicking

ARMS/SHOULDERS
4-6 rounds

- **1 min Plank**: 30 Rest/12-15 Push-ups
  Younger can do **Touch/Touch/Push-up**: Push-up position, touch right shoulder, touch left shoulder, 1 good push-up

LEGS

- **Lunges**: 20 to 25 steps walking with knee gently touching the ground on each step
- **Step ups**: 20 right leg leading/20 left leg leading
  Use a low wall, bleachers, or something roughly 2-3 feet off the ground
- **Jumps**: 30 streamline jumps/:30 rest/ 30 stride jumps
  (Tight streamline position and jump straight up)

YOGA
Follow along with one of The J’s yoga videos! You can find them at [vosjcc.org/JatHome > Fitness](http://vosjcc.org/JatHome > Fitness)

WARM DOWN WALK/JOG
Nice relaxing warm down to complete dryland or jump into a pool and swim it off.