

# RAYS Summer Dryland

## Sample Workout A

PROPER TECHNIQUE IS MOST IMPORTANT

1x Stretch

1. stretch legs (hamstrings, quads, calf muscles)
2. run around perimeter (about 600 yards)
3. stretch upper body (shoulders and triceps)
4. shorter runs...quick tempo (about 40 yards)

3x Legs and upper body- 10 PUSH UPS between each exercise

1. high knees (1:00)
2. sprint about 40 yards (push ups all the way down and up)
3. lateral hops (1:00)
4. side step leaping about 40 yards
5. 20 stationary lunges
6. sprint about 40 yards

3x Upper Body

1. 5 decline push ups
2. 5 modified dips
3. 5 decline push ups
4. 5 modified dips
5. 5 decline push ups

1x Core

1. 40 crunches
2. 25 sit ups
3. 50 twists
4. 15 obliques each side
5. 6/12 inches 2:00 to 5:00 (depends on ability)
6. 5 CLAP Push Ups (do one at a time until you are better)
7. 100 Kicks
8. 15 buck-ups each side
9. 40 fly kicks
10. 40 V crunches

3x LEGS

- 30 stationary lunges
- 6 streamline squat jumps in a row
- 30 step ups (find a bench or your front steps of your house)

Challenge: 6/12 inches for 10:00 without dropping the feet by end of Summer

Any questions email Coach Jim at: [meggieseamus@verizon.net](mailto:meggieseamus@verizon.net)

