

RAYS Summer Dryland

Sample Workout B

PROPER TECHNIQUE IS MOST IMPORTANT

1x Stretch

1. legs (hamstrings, groin, quad, calf muscles)
2. upper body (shoulders and triceps)

1x Core

1. 30 Crunches- (bring your chest to squeeze abs)
2. 100 Kicks- (legs straight...kick from hips)
3. 10 push ups (make sure all the way down and up)
4. 30 Obliques (15 each side)
5. 40 Fly Kicks-
6. 10 push ups
7. 6/12 inches 2:00 to 5:00 (legs straight)
8. 10 push ups
9. 40 crunches with a weight or a brick
10. 40 kicks with a weight or a brick
11. 10 push ups
12. 40 buck ups (20 each side)
13. 40 fly kicks with a weight or a brick
14. 10 push ups

2x Legs

1. run about 600 yards
2. skip about 40 yards
3. sprint about 40 yards
4. 30 stationary lunges
5. side step about 40 yards
6. 30 stationary lunges
7. lateral hops 1:00
8. sprint about 40 yards
9. high knees about 40 yards
10. 30 stationary lunges

2x Core and Legs

1. plank (keep back straight)
2. Standing Squats (20)
3. push ups (10)
4. streamline calf raises (30)
5. plank - arms
6. standing squats (20)
7. push ups (10)
8. streamline calf raises (30)
9. plank - legs
10. standing squats (20)
11. push ups (10)
12. streamline calf raises (30)

Challenge: 50 Clap Push Ups in a row by end of Summer

Any questions email Jim at: meggieseamus@verizon.net