



Winter Virtual Training- Workout 1:

1. General Warmup
2. Workout – complete 3 rounds of the exercises with a minute break in between each round.

Take a 30 second break between each exercise.

- a) Side to side shuffle

(10 each way – 3 shuffles to right, 3 shuffles to left is 1 repetition each way)

- b) 10 Inchworms in place
- c) 10 Sumo Romanian Deadlifts
- d) 10 Supermans
- e) 20 Squats

3. Cool Down



Winter Virtual Training- Workout 2:

1. General Warmup
2. Workout- complete each round of exercises twice before moving on. Rest for 30 seconds before repeating each set.

- a) 10 Side to Side Hops
- b) 20 Second Plank (per side)
- c) 10 Front to Back Hops

Rest for 30 seconds, repeat exercises a-c

- d) Speed Skaters (30 seconds)
- e) 15 Downward Dog repetitions
- f) 30 Second Walk or Light Jog in Place

Rest for 30 seconds, repeat exercises d-f

3. Cool Down



Winter Virtual Training- Workout 3:

1. General Warmup
2. Workout- complete each round of exercises twice before moving on. Rest for 30 seconds before repeating each set.

- a. 10 Pushups
- b. 15 Second Side planks (15 seconds each side)
- c. 5 Lunges with Rotation per each side

Rest for 30 seconds, repeat exercises a-c

- d. 10 Jumping jacks
- e. 20 Mountain climbers
- f. 10 Supermans

Rest for 30 seconds, repeat exercises d-f

3. Cool Down



Winter Virtual Training- Workout 4:

1. General Warmup
2. Workout- complete 3 rounds of the exercises with a minute break in between each round.
 - a) 10 Standing Abduction (each leg)
 - b) 30 seconds High knees
 - c) 20 Russian twists
 - d) 5 Donkey kicks on each leg
 - e) 30 seconds Walk or light jog in place
 - f) 10 Tricep dips
3. Cool Down