



Summer Virtual Training - Workout 1

1. General Dynamic Warm Up – 5 Minutes
2. Complete 3 rounds of the below exercises
 - a. 30 seconds Quick Feet
 - b. 15 Squats
 - c. 10 Push-Ups (Wall, Knees or Toes, your choice)
 - d. 10 Burpees (with or without the push-ups, your choice)
 - e. 15 Glute Bridges
 - f. 15 Butterfly Crunches
 - g. Jog or Fast Walk (you choose the distance)
 - i. 15 seconds Wall Sit or Squat Hold (if you don't have a wall)
 - ii. Jog or Fast Walk Back
 - iii. 15 seconds Wall Sit or Squat Hold (if you don't have a wall)
- REPEAT (2 more times)
3. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

Looking for additional exercises? Utilize the “Exercise Playlist” at the bottom of the Virtual Training Page!



Summer Virtual Training - Workout 2

1. General Dynamic Warm Up – 5 Minutes
2. Complete 3 rounds of the below exercises
 - a. 30 seconds Jumping Jacks
 - b. 15 per side Quadruped (also known as a Bird Dog)

LOWER BODY BURN

- c. 15 Squats
- d. 15 Jump Squats
- e. 15 per side Lunges (forward or reverse, you choose)
- f. 15 per side High Knees
- g. 15 per side Butt Kicks

- h. 15-30 second plank (*if you are new, start at 15 seconds and work up to 30 seconds, if you can hold it for longer...go for it!*)

REPEAT (2 more times)

3. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

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Summer Virtual Training - Workout 3

1. General Dynamic Warm Up – 5 Minutes
2. Complete 3 rounds of the below exercises for a FULL BODY workout
 - a. 15 Calf Raises
 - b. Bear Crawl (you choose the distance) – Down and Back 3 times
 - c. 15 Tricep Dips
 - d. 30 total Mountain Climbers (15 per side)
 - e. 30 second Wall Sit (*hold longer if you can!*)

REPEAT (2 more times)

3. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

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Summer Virtual Training - Workout 4

1. General Dynamic Warm Up – 5 Minutes
2. Complete 3 rounds of the below exercises
 - a. 30 Double Hops
 - b. 15 per side Reverse Lunges
 - c. 15 per side Single Leg Hops
 - d. 15 per side Side Lunges
 - e. 15 each direction Side to Side Hops
 - f. 15 Tricep Dips
 - g. 15 each direction Forward and Backward Hops
 - h. 15 per side Bicycle Crunches

REPEAT (2 more times)

3. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

Looking for additional exercises? Utilize the “Exercise Playlist” at the bottom of the Virtual Training Page!