



## Dry Land Training

### Dynamic Warm-Up:

Dynamic Warm Ups are designed to raise your core body temperature and make your muscles pliable, ready to work, able to absorb oxygen and stretch to meet the demands of your exercise. Dynamic warm ups should imitate the motions of the exercises you will be performing.

- Jogging
- Skipping
- Knee Grabs
- Spider Lunge
- Butt Kicks
- Arm Circles
- Jacks
- Body Hugs
- Squats
- Bear Crawls
- Warrior Pose
- “Hitler Walks”

### Active Work-Out:

3 Sets of 15. With a towel, shirt or resistance bands

Shoulder Overhead Squats:	<ul style="list-style-type: none"><li>● Squat holding towel taut at shoulder height</li><li>● Bring towel overhead as you squat down - keep towel taut</li><li>● Release towel to chest as you push through butt to bring legs straight to standing</li></ul>
Deep ISO-Squat & Chest Press:	<ul style="list-style-type: none"><li>● Stay in deep squat position with chest up and quads parallel to ground</li><li>● Bring towel to chest and press straight away from body</li></ul>
Bent Over Rows with Towel:	<ul style="list-style-type: none"><li>● Bend at hips, stick butt and chest out</li><li>● Hold towel taut - row towel to your rib cage and back out while staying in low squat</li></ul>
Regular Push Ups:	<ul style="list-style-type: none"><li>● Standard push ups.</li><li>● Both wide and narrow hand positions</li></ul>
Planks:	<ul style="list-style-type: none"><li>● Hold for up to 1 minute</li></ul>



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	<ul style="list-style-type: none"> <li>Once you can keep good form for 1 minutes, you can add: Toe pushes, side-to-side hip dips, or shoulder taps with alternating hands</li> </ul>
Bridging:	<ul style="list-style-type: none"> <li>Lay on back with feet and knees together</li> <li>Push butt up so there is a straight line from shoulders to knees</li> <li>Release 1/2 way down &amp; push back up</li> <li>Can also be done with single leg</li> </ul>
Scapula Push ups:	<ul style="list-style-type: none"> <li>Start in plank position on elbows</li> <li>Squeeze shoulder blades together and release wide</li> </ul>
Swimmers/Supermans:	<ul style="list-style-type: none"> <li>Lay on tummy &amp; bring legs and chest off ground</li> <li>Hyper-extend back bringing arms overhead - then pull elbows back to ribs &amp; repeat</li> </ul>
Side Planks:	<ul style="list-style-type: none"> <li>Keep hips up &amp; actively press them away from the floor</li> <li>Keep shoulders and top foot in a straight line</li> <li>If these are easy for 30-60 seconds, add hip drops &amp; lifts. Be sure to keep body in straight line</li> </ul>
Burpees:	<ul style="list-style-type: none"> <li>Tuckjump to plank. Tummy to floor. Feet jump in beside hands. Jump up</li> </ul>
Tricep Dips:	<ul style="list-style-type: none"> <li>Off a chair or bench</li> <li>Keep chest up and butt close to bench</li> <li>Bend elbows 90 degrees and press up using back of arms</li> </ul>
Calve Raises:	<ul style="list-style-type: none"> <li>Toes only on a step</li> <li>Go onto tippy toes and release so heel falls below step &amp; repeat</li> </ul>

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### ***Endurance Work-Out:***

Do each workout 10-20 times and then IMMEDIATELY move onto the next. DO NOT REST! Once finished, take a minute to recover and repeat set 3 times.



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- Low Jacks
- Prisoner Jump Squats
- Knee Bucklers
- Mountain Climbers - in plank position
- Tuck Jumps
- Squat Jumps
- Long Jumps Forward - hands in front to low squat
- Pop Squats
- Plank Jacks or Plank Feet Cross overs
- Burpees

### Abdominal/Core Work-Out:

Complete 15-30 using proper form. 3 Sets of each exercise.

Bicycles:	<ul style="list-style-type: none"> <li>● Opposite knee to shoulders</li> </ul>
Reverse Bicycles:	<ul style="list-style-type: none"> <li>● Feet reversing direction</li> </ul>
Combo or Dual Crunch:	<ul style="list-style-type: none"> <li>● Bring knees to elbows</li> </ul>
Woodchoppers:	<ul style="list-style-type: none"> <li>● Feet wider than shoulders - keep core engaged</li> <li>● 1/2 crunch with hands chopping to ankles</li> <li>● Alternate sides</li> </ul>
Alternate Toe Reaches:	<ul style="list-style-type: none"> <li>● Lay on back - arms overhead - legs flat on ground</li> <li>● Reach across opposite hand as you crunch</li> <li>● Lift legs up as you touch toes</li> </ul>
In & Outs:	<ul style="list-style-type: none"> <li>● Sit on your tailbone with tummy tight - legs extended and arms long in "V" position</li> <li>● Crunch - bringing knees in to chest and hands grab legs</li> </ul>
Hollowmans:	<ul style="list-style-type: none"> <li>● On your back, lift body off floor except for tailbone</li> <li>● Try and hold water - legs tight together and hands tucked in at sides</li> <li>● Hold for 30 seconds</li> </ul>



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### ***Proper Stretch After Work-Out:***

Long, static stretching is key. Hold the stretch for 15 to 30 seconds and repeat each stretch 3 times. Be sure to watch for proper form and take your time.

- Hands to floor - grab knees - wide squat and push out.
- Overhead Tricep Stretch
- Shoulder Stretch against wall or across chest