

# Dry Lands

## 30 minute/ 6 Day Program: No weights

### Day 1: Abs, balance, stability

10 minute run (warm up)

3x through: Plank Hold: 30 seconds rest for 15

Superman Hold: 30 seconds rest for 15

Russian Twists 30 on each side

Leg Lifts (hands under butt, lift legs up to 90 degrees) 25x

### Day 2: Lower body:

10 minute run (warm up)

Goblet Squats 3 x (reps of 10, 15, 20) (20s rest) (wide stance, elbows to knees, make sure knees stay behind toes, sit down into chair position)

Stream line jumps 3 x (10, 15, 20) (20s rest)

Wall sit 2x (1:00min)

### Day 3: Upper body

10 minute run (warm up)

Push-up Plank (2x 30s on, 15 rest) (hold in push up position)

Arm circles (small circles) 2x 1:00 (reverse direction on #2)

2x 10 push ups

Side plank (30s one side, 30s other side)

### Day 4: Stretch out

Loose run 30 minutes (~2-3 miles)

### Day 5: Reaction/sprints

100 Jumping Jacks

Reaction drill (start to dive clap) 10x

25 Burpees (pushup into streamline jump)

10 x 25 meter sprints (fast work on speed)

25 mountain climbers

100 Jumping Jacks

### Day 6: Timed Circuit

Warm-up: stretch

3x through time yourself, descend each round: Time R1\_\_\_\_, R2\_\_\_\_, R3\_\_\_\_,

25 Jumping Jacks

25 Goblet Squats

25 Push ups

1:00 Plank