**Week 1 Staying in Shape**

**Dynamic and Static 10 Minute warm up:**

Scoops, leg kicks, ham string, reverse rdl (bend over at the hips with leg kicked back), figure 4 (place one leg over the other leg at the knee)

**Tuesday-(repeat 3x with a minute break in between)**

20 sec high knees

25 jumping jacks

20 crunches

20 hip raises

20 sec squat hold

10 jump squats or 10 regular squats

6 push-ups (modified or regular)

20 shoulder taps

20 mount climbers

10 side lunges

**Lacrosse workout:**

Find a wall or a buddy (**SOCIAL DISTANCING- nor more than 3 buddies!!!!)**

Wall (walk about six steps away from the wall

1 Minute quick stick right hand (no cradle)

1 minute quick stick left side (no cradle)

4 mins right side (10 ft from wall or buddy): catch and throw on the right side you can cradle.

4 mins left side (10 ft wall or buddy): catch and throw on the left side you can cradle

4 mins: ground balls

**Saturday-(repeat 3x with a minute break in between)**

25 sec high knees

18 squats

25 sec plank

10 burpees

20 hip raises

20 sit ups

5 push ups

10 walking lunges

30 sec hollow body hold

10 walking lunges each leg

**Lacrosse workout:**

Find a wall or a buddy (**SOCIAL DISTANCING- nor more than 3 buddies!!!!)**

Wall (walk about six steps away from the wall

1 Minute quick stick right hand (no cradle)

1 minute quick stick left side (no cradle)

4 mins right side (10 ft from wall or buddy): catch and throw on the right side you can cradle.

4 mins left side (10 ft wall or buddy): catch and throw on the left side you can cradle

4 mins: ground balls

**Workout Key:**

* Hip raises: lay on your back, bend knees and raise your hips squeeze at the top and lower hips back to the ground and back up
* Side lunges: start standing and then step to the side with a bend in the knee
* Crunches: not fully extending up arms across chest
* Squats: sit back knees 90-degree angle. Knees cannot go over your toes. Make sure to keep weight at your heels!
* If 3 times is too much just do the circuit 2 or 1 time.
* Always stretch after each day
* Hollow body rock hold: lay on back arms straight out behind and lift legs about 6 inches from the ground. Hold that position
* Sit ups: you are fully sitting up with arms across chest and elbows hitting knees.