

PAAC OFF-SEASON DRYLAND TRAINING

HERE ARE FOUR 15-MINUTE DRYLAND ROUTINES TO DO AT A TIME OF YOUR CHOOSING. YOU ARE ALSO ENCOURAGED TO STAY ACTIVE IN OTHER WAYS. GO FOR A RUN OR A SWIM AT THE BEACH--JUST DON'T BE A COUCH POTATO.

ROUTINE #1 – ABS & CORE

1:00 ON/:30 OFF EACH EXERCISE

1. FLUTTER KICKS
2. NINJAS IN A ROWBOAT
3. FISH (:30 EACH SIDE)
4. BIG FLUTTER KICKS
5. BURPEES

REPEAT

ROUTINE #2 – LEGS & CORE

1:00 ON/:30 OFF EACH EXERCISE

1. SQUAT JUMPS
2. STEAM ENGINES
3. LUNGES
4. STREAMLINE HOPS (TIGHT CORE)
5. MOUNTAIN CLIMBERS

REPEAT

ROUTINE #3 – UPPER BODY & CORE

1:00 ON/:30 OFF EACH EXERCISE

1. PUSHUPS (DON'T STOP)
2. V-UPS
3. PLANKS
4. ALLIGATOR WALK 30 FEET
5. INCHWORMS

REPEAT