








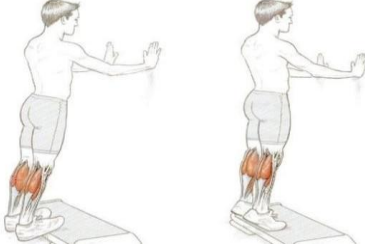

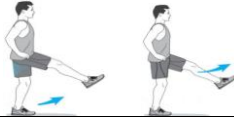





## BOYS RECREATIONAL AT HOME EXERCISES


WARM UP:	IMAGE:	SPECIFIC EXERCISES:
Run in Place Jumping Jacks		1) Increase Heart rate with aerobic beginning 3-5 min. <a href="https://www.youtube.com/watch?v=xz7MKetYCOM">https://www.youtube.com/watch?v=xz7MKetYCOM</a>
Splits		1) Warm up stretches and Hold Split 5 sec 3 x's <a href="https://www.youtube.com/watch?v=BIZwzfnDI6w">https://www.youtube.com/watch?v=BIZwzfnDI6w</a>
Pancakes		1) Warm up stretches and Hold Pancake 5 sec 3 x's <a href="https://www.youtube.com/watch?v=GLISojGGuXg">https://www.youtube.com/watch?v=GLISojGGuXg</a>
Shoulders		1) Warm up stretches and Hold Shoulders 5 sec 3 x's <a href="https://www.youtube.com/watch?v=OF-7NBI3sBQ">https://www.youtube.com/watch?v=OF-7NBI3sBQ</a>
Bridge		1) Warm up stretches and Hold Bridge 5 sec 3 x's <a href="https://www.youtube.com/watch?v=TIAXQhtYtRU">https://www.youtube.com/watch?v=TIAXQhtYtRU</a>
Pike		1) Warm up stretches and Hold Pike 5 sec 3 x's <a href="https://www.youtube.com/watch?v=Jxxx4VQ1ff0">https://www.youtube.com/watch?v=Jxxx4VQ1ff0</a>

ARM STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Push ups		1) ½ Push up 20x's 2) Full pushup 10x's <a href="https://www.youtube.com/watch?v=_l3ySVKYVJ8">https://www.youtube.com/watch?v=_l3ySVKYVJ8</a> 3) ½ push up down hold 2 sec, push back up hold 2 sec 5x's
<b>USING 2 CHAIRS NEXT TO EACH OTHER (Hands on the seat area)</b>		
Dips		1) ½ dip with bent knees 10x's 2) Full dip with bent knees 5x's <a href="https://www.youtube.com/watch?v=C6gzY8Zvwd4">https://www.youtube.com/watch?v=C6gzY8Zvwd4</a>
<b>USING THE SEAT OF 1 CHAIR (Hands on the seat area)</b>		
		1) Reverse dip using the seat of a chair 10x's <a href="https://www.youtube.com/watch?v=PYhhJsb-PU">https://www.youtube.com/watch?v=PYhhJsb-PU</a>
Circles		1) Walk around circles in a stretched position 10x's <a href="https://www.youtube.com/watch?v=PHI-NtM2NIU">https://www.youtube.com/watch?v=PHI-NtM2NIU</a>
Handstands		1) Handstand Pushup (Stomach against a wall or with spot) 5x's <a href="https://www.youtube.com/watch?v=lnRvHNUOISs">https://www.youtube.com/watch?v=lnRvHNUOISs</a> 2) 1 Arm Handstand Hold 3 sec (Stomach against a wall or with a spot) 5x's each arm
Press Handstands		1) Straddle Press Handstand against the Wall (or with a spot) 5x's <a href="https://www.youtube.com/watch?v=gQG_s5y37gY">https://www.youtube.com/watch?v=gQG_s5y37gY</a>
Round Offs		1) ½ Cartwheel Hold 3 sec 5x's 2) Cartwheel 10x's 3) Step Round Off 10x's (Outside on the Grass) <a href="https://www.youtube.com/watch?v=nM4K2MfHkFQ">https://www.youtube.com/watch?v=nM4K2MfHkFQ</a>
Bridges		1) Bridge Pushup 10x's <a href="https://www.youtube.com/watch?v=DoMYVSPjsME">https://www.youtube.com/watch?v=DoMYVSPjsME</a> 2) 1 Arm Bridge Hold 3 sec 5x's each Arm <a href="https://www.youtube.com/watch?v=_GEdRw-SPjk">https://www.youtube.com/watch?v=_GEdRw-SPjk</a>

LEG STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Thighs		1) Squats 2) Burpees <a href="https://www.youtube.com/watch?v=TU8QYVW0gDU">https://www.youtube.com/watch?v=TU8QYVW0gDU</a>
Calves & Jumps		1) Calf Raises 25x's <a href="https://www.youtube.com/watch?v=c5Kv6-fnTj8">https://www.youtube.com/watch?v=c5Kv6-fnTj8</a> 2) Straight Jumps 10x's <a href="https://www.youtube.com/watch?v=PTcqSdaPjOc">https://www.youtube.com/watch?v=PTcqSdaPjOc</a> 3) Tuck Jumps 10x's <a href="https://www.youtube.com/watch?v=zh1v8jINBZ0">https://www.youtube.com/watch?v=zh1v8jINBZ0</a> 4) Pike Jumps 10x's <a href="https://www.youtube.com/watch?v=ErSkCnyy2Iq">https://www.youtube.com/watch?v=ErSkCnyy2Iq</a> 5) Tuck Forward Roll 5x's (Holding Knees)
<b>USING 1 CHAIR FOR BALANCE:</b>		
Hip Flexors		1) 1 Leg Hold at Horizontal 3 sec 10x's each Leg 2) Standing 1 leg sideways to 45* below horizontal hold 3 seconds 5x's (alternate with both legs) <a href="https://www.youtube.com/watch?v=YzHf7amjFAo">https://www.youtube.com/watch?v=YzHf7amjFAo</a>
Hip Flexors		1) Hitch Kick 10x's <a href="https://www.youtube.com/watch?v=n_JRoSY01qU">https://www.youtube.com/watch?v=n_JRoSY01qU</a>
<b>USING 2 CHAIRS NEXT TO EACH OTHER (Hands on the seat area)</b>		
Hip Flexors		1) Tuck hold for 3 seconds 10x's 2) L hold for 3 seconds 10x's <a href="https://www.youtube.com/watch?v=tyeDbzLKU5l">https://www.youtube.com/watch?v=tyeDbzLKU5l</a>
Hip Flexors		1) Straddle L Hold 2 sec 10x's <a href="https://www.youtube.com/watch?v=ZtTja79_TOU">https://www.youtube.com/watch?v=ZtTja79_TOU</a>

STOMACH STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Abs		1) ½ sit up (Crunch) 20x's 2) Full sit up 10x's 3) ½ sit up holding a weight (Crunch) 15x's 4) Full sit up holding a weight on chest 5x's <a href="https://www.youtube.com/watch?v=CdMwx-MEzCc">https://www.youtube.com/watch?v=CdMwx-MEzCc</a>
Abs		1) Hollow Hold 3 sec 10x's 2) Tuck Hold 3 sec 10x's 3) Tuck ups 20x's <a href="https://www.youtube.com/watch?v=obVuc0wZoss">https://www.youtube.com/watch?v=obVuc0wZoss</a>
Abs		1) V up 10x's (a V up is when you do a straight leg sit up and balance your body in a V position) <a href="https://www.youtube.com/watch?v=8WaDzRANv94">https://www.youtube.com/watch?v=8WaDzRANv94</a>

BACK STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Arch Rocks		<a href="https://www.youtube.com/watch?v=xiD38Rkrhy0">https://www.youtube.com/watch?v=xiD38Rkrhy0</a>

TOTAL BODY:	IMAGE:	SPECIFIC EXERCISES:
Total Body		<ol style="list-style-type: none"> <li>1) Opposite Arm &amp; Leg Hold 3 sec 5x's each Side</li> <li>2) Split Hold ½ pushup (alternate 1 foot in the air) 10x's</li> <li>3) Split Hold Full pushup (alternate 1 foot in the air) 5x's</li> </ol>

**This is a start. You can add more strength skills or increase the number of reps.  
 Be creative and come up with a strength exercise that works as a drill for a skill you are trying to learn.  
 You can also "GOOGLE" search for strength exercises you can do at home or on vacation.**