



Magnificat Athletics

Here are some suggestions to help you stay in shape while we are out of school! All you need are some athletic shoes and yourself...no equipment necessary.

- I. Make sure that you stretch/do an active warmup before starting (get your muscles warm and heart rate slightly elevated)
- II. Stay hydrated! Before, during & after
- III. Find a buddy to hold you accountable for your workouts!

Endurance:

Option 1: Run/jog 1-3 miles at 60-80% of your maximum capacity

Option 2: Bike 8-10 miles at 60-80% of your maximum capacity

Option 3: Hill workout - 30 second sprint uphill with 2-3 minute jog before next sprint - repeat 6-10 times



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Full Body Circuit (take this at your own pace! We will be impressed with those who finish without trouble!!!):

Set-up: Find a place with a flat surface where you can do exercises right next to where you can run 40-60 meters (guess if you do not have a way to measure). Ex: driveway right next to sidewalk.

1. ½ mi warm-up run
2. Start the circuit by doing the first exercise on the list. Do each exercise for 30 seconds.
3. In between each exercise, jog the 40 meter stretch and then turn around and sprint back.
4. Then, do the next exercise on the list.
5. 1 minute rest after each set of Burpees (in between sets)
6. Start at 15 seconds per exercise if you can't make 30. Or do Sets 1 and 2 in the AM and 3 and 4 in the PM.

Exercises

Set #1	Lunges	Push-Ups	Crunches	Burpees
Break	X	X	X	X
Set #2	Mountain Climbers	Tricep Push-Ups	Flutter-Kick	Burpees
Break	X	X	X	X
Set #3	Squats	Tricep Dips	Plank	Burpees
Break	X	X	X	X
Set #4	Tuck Jumps	Push-Up w/shoulder tap	Supermans	Burpees



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Body Weight Circuits

Circuit #1

- Tricep dips: 3x12 (<https://www.youtube.com/watch?v=ufJ08eTsB80>)
- Push Ups: 3x10 (modify on knees if necessary to keep good form)
- Bodyweight Squats: 3x15
- Single Leg Squats: 3x8 (each side)
- Sit Ups: 3 x 20

Circuit #2

- Plank hold with shoulder tap: 3 x 1 minute
- Push Ups w/ Feet Elevated: 3x10
- Bodyweight Squats: 3x10
- Single Leg Deadlift: 3x8 (each side)
https://www.youtube.com/watch?v=Qrr_65cWZiE
- Planks: 3 x 1 minute