

Summer Workouts:

- Fun fact 96 percent of all Americans enjoy several hours of daily leisure time, most of which they are using for watching TV for an average of 2.8 hours per day. Hit the gym for even an hour and you still have time to catch up on all of your favorite shows.
- Sit down with your weekly calendar and find time to exercise.

If you can't make it to the gym here is an option for you:

- 15 minute light jog/ bike warm-up with 8-10 seconds of hard sprints.
- 5 minutes of dynamic stretching
- 2 minutes of speed/ dot drill/ or ladder (line hops back and forth, side to side, diagonally)
- 5 minutes of
- 5 minutes of plyometric
 - Split hops-
 - stand with your feet together, toes forward, hands on your hips
 - Step with your right foot back into a split stance, keeping your left foot flat on the floor, keep right knee slightly bent
 - With your chest high and head straight, jump as high as possible, switching legs midair to land with your right foot forward, left foot back in a split stance.
 - Jump continuously, scissoring your legs on every jump, until you've completed 12-15 jumps with each leg landing forward.
 - Rest and Repeat for 3 sets total
 - Squat jumps
 - Stand with your feet shoulder-width apart, toes forward, hands on your hips.
 - Sink into a deep squat by sitting your butt back and down (think that you are going to sit in a chair), keeping your back flat and your weight on your heels.
 - Jump as high as possible, keeping hands on your hips and head straight.
 - Land, banding your knees on impact (soft landing/ absorbing the shock), then straighten your legs to return to the start position
 - Jump continuously until you've completed 12-15 jumps
 - Rest and repeat for 3 sets total
 - Lateral Hops:
 - Stand with your feet together, toes forward, and arms at your side
 - Jump sideways to the right with both feet, keeping your ankles together and legs straight. Then immediately jump sideways to the left, as if jumping over an imaginary line under you.
 - Jump continuously, minimizing your contact with the floor, keeping your toes up and your ankles stiff.
 - Complete 12-15 jumps to each side
 - Rest and repeat for 3 sets
 - Upper-Body Push
 - Bent knee push-ups
 - Kneel and place your palms flat on the floor in front of you, hands directly under shoulders.

- Keeping your shoulders over your hands, your core tight, and your back flat, lower your chest slowly toward the floor
 - Without letting your head drop, (focus on something slightly out in front of you) touch the floor with your chest, then press up through your hands to the start position.
 - Complete 12-15 push-ups
 - Rest and repeat for 3 sets
 - Bent-knee Triceps Dips
 - Sit on a chair (make sure it is heavy so it won't tip) with your hands directly under shoulders, palms down on the chair. Lift your hips off the chair until your hands support your bodyweight, keeping your knees bent.
 - Slowly lower your hips toward the floor, bending your elbows until your upper arms are parallel with the floor.
 - Raise your hips back up by straightening your arms and pressing through your hands.
 - Complete 12-15 reps
 - Rest and repeat for 3 sets total
- 5 minutes of core
 - Front Planks
 - Lie on your stomach on the floor, with your elbows bent, forearms flat on the floor, toes tucked.
 - Press through your forearms and toes to lift your body off the floor, keeping your core tight, back flat, and legs straight so your head, back, and legs form a straight line.
 - Hold for 30 seconds (try to build on time) before slowly lowering yourself to the start position
 - Rest and repeat for 3 sets total.
 - Bent-Knee Side Planks (can also do regular plank or a hip abduction plank (you lift your upper leg while in a side plank position))
 - Lie on your right side with your right forearm flat on the floor, legs stacked, bottom knee bent, top leg straight, left hand extended in the air
 - Lift your upper body off the floor by pressing through your right forearm until your body weight rest on your right forearm and right hip.
 - Then lift your hips up so your bodyweight rests only up on your right forearm and knee.
 - Hold for 30 seconds (try to increase your time), keeping your hips high
 - Slowly lower your body, and then repeat lying on your left side for 30 second.
 - Res and repeat for 3 sets total on each side.
 - Glute Bridges
 - Lie on your back on the floor with your knees bent, your heels on the floor, arms by your sides.
 - Lift your hips by squeezing your glutes and pressing your heels into the floor, keeping your core tight and back flat, until your back and hips form a straight line
 - Hold for 1 second (or longer), keeping your hips high, then slowly lower your hips to the floor.

- Complete 12-15 bridges
- Rest and repeat for 3 sets total.
- Back Extensions
 - Lie on your stomach, chin on the floor, legs extended behind you, feet relaxed, arms by your head, palms facing inward
 - With your eyes down, extend and lift your arms and upper body and legs as high as possible, squeezing your glutes and arching your back.
 - Hold for 30 seconds, release slowly back to the floor
 - Rest and repeat for 3 sets total.
- Supermans
 - Lie on your stomach, chin on the floor, legs extended behind you, feet relaxed, arms extended in front of you, palms facing inward
 - With your eyes down, lift your arms and upper body and legs as high as possible, squeezing your glutes and arching your back.
 - Hold for 30 seconds, then release slowly to the floor
 - Rest and repeat for 3 sets total

Cool down (make sure to start with your small muscles and gradually stretch out your larger muscles)