



## **Dryland Dynamic Flexibility and Strengthening Program**

### **1. Dynamic Stretches**

TIME: 15 min

EQUIPMENT: A hallway or open space - 12.5 m (41 ft) in length (down) and 12.5m back (25m/82ft total)

HOW: Do all the stretches on the list in sequence while performing them as quickly as you can, as safely as you can

- a. At 5-min into the program do the SPIDERMAN
- b. At 10-min into the program do the INCHWORM
- c. At 15-min, STOP and IMMEDIATELY begin Warm ups

### **2. Warm ups**

TIME: 5 min

EQUIPMENT: a chair, bench, or solid surface

HOW: 10 repetitions in order (DO NOT change the order)

- a. Push ups
- b. Back extensions (prone rows)
- c. Rowers (supine rows)
- d. Squats
- e. Dips
- f. Burpees

### **3. Exercise Programs**

TIME: 20 min

EQUIPMENT: A chair, bench or solid surface

HOW: Use the above "WARM UP" exercises (or a variation of them) to complete all of the programs

#### **1. 10-1's Pyramids**

- a. Between cycles do a lateral shuffle, monster walk, or bear crawl at the end of each cycle

#### **2. Circuit Training**

- a. 1-min at each exercise, 5 exercises with a 15 sec transition to the next exercise. Do 3-cycles with a 1-min break between cycles
  - i. **Circuit A:** Plank, walking push up, 180 squat thrust, bridging, burpee
  - ii. **Circuit B:** Walking push ups, Single arm lateral tricep dips, squat jumps, mountain climbers, supine rows

#### **3. Tabatas**

- a. 20 sec move - 10 sec rest. 6 exercises total. 6 reps ea with a 30 sec rest between exercises



Stuttgart Piranhas Dryland Program  
Michelle D Sanders - Head Coach

- i. **Tabatas A:** single leg squat/fwd lunge, walking push ups, 180 squat thrust, supine rowers, mountain climbers, air squats
  - ii. **Tabata B:** Bridging, 180 squat thrust, burpees, planks, walking push ups, single arm lateral tricep dips
4. **30-20-10 Pyramid**
  - a. Between cycles do a lateral shuffle, monster walk, or bear crawl at the end of each cycle