



**Blake School
Nordic DryLand
Training**

**Aamouth
Weight
Room**



Friday - 11/14

#	<i>Exercise</i>	<i>Sets/Reps/Weights</i>	<i>Notes</i>
1	Monster Walks w/ Elastic Band Resistance	4-Directions - 15m each	Link to Example Video
2	Multi-Planer Lunges -> Single Leg Balance	5 (Three-way) Reps each leg	Link to Example Video
3	Push-up Position Opposite Arm/Leg Lift	8 each arm/leg combo - Alternating sides	Link to Example Video
4	Skater Jumps - Opposite hand touch outside of foot	10 each direction - Alternating direction	Link to Example Video
5	Pushi-ups w/ Thera-Band Resistance	12 Total Push-ups	Link to Example Video
6	Side Lunge w/ Trail Leg Lift - Straight Trail Leg	8 each leg - Alternating legs	Link to Example Video
7	Upright Row Standing on Thera-Band	15 - Double Arm	Link to Example Video
8	Single Leg Balance Jumps into deep squat	4 (4-way - fwd/rt/bck/lft) Reps/Rounds each leg	Link to Example Video
9	Single Arm Curl-Press Combo w/ Ther-band	10 Reps each arm	Link to Example Video
10	Line Jumps - Over Thera-Band	20 Total fwd/bck + 20 Total side/side	Link to Example Video
11	Single Leg Straight-Leg Deadlift w/ Thera-Band	10 each leg	Link to Example Video
12	Standing Thera-Band Lateral Row	15 - Double Arm	Link to Example Video
13	Squat Jacks	30 Total	Link to Example Video
14	Push-up -> Opposite Shoulder touch -> Push-up -> Opposite Shoulder Touch -> Burpee	12 total	Link to Example Video
At Home			
a	4-way hip w/ Thera-Band	10 each direction	Link to Example Video
b	Hip Swings over a chair	15 each leg	Link to Example Video