

# Hyde Athletics Home Program Week #1

<b>Tuesday</b> 3/31/20	<b>Wednesday</b> 4/1/20	<b>Thursday</b> 4/2/20	<b>Friday</b> 4/3/20	<b>Saturday</b> 4/4/20	<b>Sunday</b> 4/5/20
<p><b>Day One!</b></p> <p><b>Tune into tonight's Athletics Webinar at 7:00pm with this link:</b> <a href="https://meet.google.com/evn-frqp-vmd?hs=122">https://meet.google.com/evn-frqp-vmd?hs=122</a></p> <p>Run/Walk, Sports of Your Choice</p> <p><b>Goal:</b> 5,000 Steps</p>	<p><b>Sets 3 of 10 Repetitions</b></p> <p>A1. Lunges A2. <a href="#">Alternating Side Planks (10 Each Side)</a> A3. Jumping Jacks (40 Jacks)</p> <p><b>3 Minute Rest</b></p> <p>B1. <a href="#">Heel Slides (Wear Socks)</a> B2. <a href="#">Side Lunges</a> B3. Burpees</p> <p><b>3 Minute Rest</b></p> <p>C1. <a href="#">Ski Jumps (10 Each Side)</a> C2. Crunches C3. <a href="#">Shoulder Taps</a></p>	<p>Run/Walk, Sports of Your Choice</p> <p><b>Goal:</b> 5,000 Steps</p>	<p><b>3 Sets of 8 Repetitions</b></p> <p>A1. <a href="#">Russian Twist</a> A2. Mountain Climbers A3. <a href="#">6 inches</a></p> <p><b>3 Minute Rest</b></p> <p>B1. <a href="#">Front &amp; Back Toe and Heel Taps</a> B2. Hip Hinge B3. <a href="#">Side Hops</a></p> <p><b>3 Minute Rest</b></p> <p>C1. <a href="#">Couch/Modified Push-Ups</a> C2. <a href="#">Couch Dips</a> C3. <a href="#">Shoulder Raises</a></p>	<p>Run/Walk, Sports of Your Choice</p> <p><b>Goal:</b> 5,000 Steps</p>	<p>Day Off!</p> <p><i>(Next week's schedule will be posted shortly!)</i></p>

- Remember to send a **screenshot** of your weekly step count on your step count app "StepsApp Pedometer" to Stefan Jensen ([sjensen@hyde.edu](mailto:sjensen@hyde.edu)), Murphy Duffy ([mduffy@hyde.edu](mailto:mduffy@hyde.edu)) or Kearney Gutierrez ([kgutierrez@hyde.edu](mailto:kgutierrez@hyde.edu)).

- Tune into the Weekly Athletics Webinar at 7:00pm every Tuesday night [here](#) or by copy and pasting this link into your address bar: <https://meet.google.com/evn-frqp-vmd?hs=122>