

May 1st kicked off an exciting semi-spring in Jackson. The opening of the Grand Teton National Park, Cedar Lake Ballet Company at the Center for the Arts, the high school's Beauty and the Beast, the health fair and much more. T2BB has its own launch of exciting events. T2BB has new offerings that will accommodate even the most outdoor enthusiasts. Our May group training line involves Pilates mat, Pilates on a stability ball, high intensity training (H.I.T.) and our newest - Kettlebell training.

T2BB will share a simple three-week progressive workout program for future outdoor activities but first the disclaimer. Ensure you have the permission to perform high level exercises from your physician before attempting any type of workout described in this article. The exercises listed below will be basic but never continue in light of abnormal pain in joints or muscle tissue.

Exercises:

The exercises below can increase in intensity by manipulating the reps, sets, tempo, or rest period.

1. Squats are like an accordion when moving up/down, avoid bending only forward at the waist and just sticking your butt out. Slightly shift weight upon the heels to help activate the glutes and hamstrings (butt and back of thighs).
2. Push ups can be performed by lowering your entire body as a unit without a break in the back, hips are parallel to the floor. You do not have to lower all the way down on a push up and push-ups on your knees do not count. Incline push up on a chair or step.
3. Plank is similar to a push up as far as the body is concerned but on forearms and toes (balls of feet).
4. Y's and T's raises are done with body bent over foaming a L. Bend forward at waist, knees slightly bent with back parallel with the floor. For Y's the arms are extended forward in front of shoulders and 45 degrees of shoulders. (like the song Y.M.C.A.). Hands raise up/down with thumbs up pinching shoulders blades. The T's are directly out to the side so that the arms form a 90-degree angle with body. Hands raise up/down with thumbs up pinching shoulders blades (important not to move arms back in direction of hips when raising arms up/down).
5. Spiderman is on all four limbs (hands and feet). Crawl across the floor with the opposite hand/foot moving simultaneously. Keep your hips/back parallel to floor. Even if you don't keep with the opposite limbs moving, crawl across the floor keeping the butt down.
6. Side shuffle in an athletic stance, this posture is that of a tennis player ready to receive serve or a baseball short stop ready position. Stay low and move the feet side to side until the desired distance is reached.

Program:

Week one – Mon/Wed/Fri: Push ups 2 sets of 6-10 reps; Squats in place 2 sets of 12-15 reps: Plank hold for 90 seconds (or until form breaks down); Y's & T's 2 sets of 10 reps for each; Jump rope for 2-3 minutes; Spiderman across floor for 15 seconds; Side shuffle 10 feet in distance – 10 times on each side; Hike up high school butte or Snow King (slushy and muddy up top). Go at an easy pace, stop if you have to but don't feel you have to push hard.

Week two – Mon/Wed/Fri: Push ups 3 sets of 4-8 reps (single leg if too easy); Squats jumping in place 2 sets of 20 seconds with a 10 second rest (touch hands to floor if too easy); Plank moving forward and back on ankles (small movement parallel across the floor) for 90 seconds (or until form breaks down) Y's & T's 2 sets of 6-8 reps for each with 1-3 pounds of weight (use soup cans if you have no weights); Jump rope for 2-3 minutes (or in place if you don't have a rope); Spiderman across floor for 25 seconds x 2 with a 50 second rest in-between; Side shuffle 15 feet in distance – 10 times on each side; Hike up high school butte, Snow King. Josie's ridge for 35 minutes without stopping.

Week three – Mon/Wed/Fri: Push ups that are asymmetrical (one hand forward, one back) 2 sets of 6-8 reps on each side; Squat jumps turning 180 then retrace jump in place 1 sets of 30 second; Plank to push up (forearms to hands up/down) 1 set 5-10 reps each side; Y's & T's 2 sets of 6-8 reps for each with 3-5 pounds of weight; Jump rope for 1 minute rest for 30 seconds then repeat 2 more times (run in place if no jump rope); Spiderman across floor for 25 seconds x 2 with a 30 second rest in-between; Side shuffle 15 feet in distance then squat to touch floor with hand – 10

times on each side; Hike up high school butte, Snow King, Josie's ridge for 35 minutes without stopping with a backpack of 3-8 pounds.

This is as simple as I can offer in an article thatn is progressive for the next three weeks. Email info@t2bb.net if further descriptions need to be elaborated. Remember this is basic but productive and it is a start, if boredom sets in too soon; manipulate reps, sets, tempo and rest period to better suit your fitness level. If interested in progressive group-training that will enhance outdoor activities, email me or stop by T2BB.