Yearning for a way to connect during this stay-at-home-social-distance-time?  
We got you.

Need something to accomplish each day so you feel like the strong athlete you are?  
We got you.

Gym’s closed? Don’t have workout equipment at home?  
We got you.

You are invited to engage as much or as little as you’d like - and we hope to hang with you each week to share/vent/learn/support and have some fun!

Here is the schedule. It will likely be a supplement to your already brilliant home workouts. (We are also hoping that you’ll feel free to share additional exercises and tips as you are the experts!)

Every week we will get together for an online hangout. Check your email, stayed tuned on social media and email Janet with any questions.

**EVERYDAY:**

**MONDAY:**

**Cardio Burst**  (by Achilles Kids but made for everyone!)
Videos (clickable videos below)
Monday Jump Start with Janet
Monday Jump Start (Seated Modification)

Exercises portrayed in the above videos
Achilles suggests three sets of 10 reps each
1. Jumping jacks
2. Run in place
3. High knees
4. Knee to opposite elbow
5. Side crunch

**TUESDAY:**

**Upper Body Strength Training**
Videos (clickable links below)
Strength Training with Zach
Strength Training with Janet

Exercises portrayed in Janet’s video
1. Pushups
2. Dips
3. Speed Bag
4. Bicep curls
5. Tricep curls

**WEDNESDAY:**

**Yoga**
Take a few minutes to breathe, stretch and be present.

Videos (clickable links below)
Full Body Yoga with T-Age
Upper Body Yoga with T-Age
Mindful Chair Yoga - 15 Minutes
Chair Flow Yoga

Janet will provide additional yoga and meditation online resources in the weeks ahead.

**THURSDAY:**

**Choose Your Cardio**
Videos (clickable links below)
12 Min. Burn w/ Francesco from TriAchilles

Exercises
1. **Handcycle** (30+ minutes)
2. **Pushrim** (30+ minutes)
3. **Bicycle** (30+ minutes)
4. Run (30+ minutes)
5. **Swim without Water** (30+ minutes)

* Be sure to join the Achilles International Strava group and track your miles with the team!

**FRIDAY:**

Achilles Freedom Team Cardio Dance Party
Choose three songs and don’t stop moving! You may feel silly but we promise you’ll have fun!

#AchillesStrong  #AchillesFreedomTeam  #AlwaysConquering

The purpose of this virtual program is to encourage a safe and simple way to move our bodies a little bit, connect, and have something fun to share during this time when it’s important to practice social distancing. Please check our website and social media for all the latest videos and resources!