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!

#AlwaysConquering
#AchillesFreedomTeam
#AchillesStrong

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

Videos (clickable links below)

Upper Body Strength Training

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

MonDAY:
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Strength Training with Janet

Exercises portrayed in Janet’s video
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4. Bicep curls
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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!

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

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 all 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!)

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EVErYDAY:

Wake Up, Plank Up!

Videos: Wake Up, Plank Up! or Wake Up, Plank Up! Seated Modification

Exercises: Warm up your body with a plank pose for 30 seconds or more.

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

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