

# 30-min Dryland at Home or on Vacation



Choose one of the routines below to do while you are away from the pool.

Alternate between routines daily if you want.

<b>Routine 1</b> do this routine 2x through	stretch legs	5 min	various stretches - you pick
	jumping jacks	50x	good form, "big arms", lock elbows
	mountain climbers	20x	good form
	thigh stretch	:30 sec	each thigh :15 seconds, standing
	push ups	10x	quality push ups, chest goes below elbows
	jumping jacks	50x	good form, "big arms", lock elbows
	leg lifts	20x	straight legs, good form, hands under tail bone
	Vups	10x	lift shoulder blades off ground
	sit-up get-up	5x	stand up without using your hands
	deep squats	10x	each squat slow & controlled, core above legs
	walk-up pushups	5 reps	walk "up" and "down" to push up position 5x
	push ups	10x	quality push ups, chest goes below elbows
	flutter kicks	:60 sec	flutter kicks on back, hands under tail bone
	wall-sits	:60 sec	good form, 90 degree angle, keep lap flat
	thigh stretch	:30 sec	each thigh 10 seconds, standing
	streamline jumps	10	arms in streamline jump as fast as you can 1-3" off ground trying to stay on tip toes
wall-sits	:60 sec	good form, 90 degree angle, keep lap flat	
body line relax	:60	lay on back, arms stretched above head, relax and breath slowly	

<b>Routine #2</b> do this routine 2x through	stretch legs	5 min.	various stretches - you pick
	jumping jacks	50x	good form, "big arms", lock elbows
	lunges	20x	stand in place, alternate legs, hands on hips
	thigh stretch	:20 sec	each thigh 10 seconds, standing
	virtual jump ropes	:30 sec	jump rope without rope, 10 jumps both, 10 jumps right foot, 10 jumps left foot (repeat for duration)
	crunches - feet up	40x	lift shoulder blades off ground, hands pointed up towards feet
	deep squats	10x	each squat slow & controlled
	push ups	10x	quality push ups, chest goes below elbows
	streamline jumps	10x	arms in streamline jump as fast as you can 1-3" off ground trying to stay on tip toes
	pointers	:30 sec	on hands and knees, with knees at 90 degrees, lift right arm and left leg toes pointed then hold, then switch, keep good line from fingertips to toes
	high knees jog	:30 sec	jog in place with knees above belly button
	Planks	:30	lay with elbows on the floor and toes on floor, keep back straight like a plank of wood
	hip-ups	10x	on back, legs straight up, hands under tail bone, raise hips off ground 1-4in while keeping legs in straight position
	crunches - feet up	40x	lift shoulder blades off ground, hands pointed up towards feet
	burpies	10x	good form, focus on strong jumps