

Warm Up (4X through, no rest)

- 5 Jumping Jacks
- 5 Pushups
- 5 Squats

Shoulder Dislocators: (4X through, :30 each exercise, 1:00 rest between rounds)

- :30 palms down in front
- :30 palms up in front
- :30 palms up in back
- :30 palms down in back

14:00

- Expect dry land sessions to last 1 hour 30 minutes at most
- Daily Challenge
- Fitter Faster Online Clinics for next week (all in eastern time zone 4 hours ahead of Alaska)
https://fitterandfaster.com/live/?utm_campaign=1368833_FFT%20LIVE%20%284%2F3%29&utm_medium=email&utm_source=Fitter%20and%20Faster%20Swim%20Tour&dm_i=488U,TC75,TZ77Q,3JH VJ,1
- Discussion Topics for the future
 - Nutrition and eating
 - **Mondays and Thursdays @ 6:00pm 20-30 minutes**
 - You'll need your phone handy
 - Race Strategy Day (Seniors and Juniors)
 - **Tuesdays @ 6:00pm 30-60 minutes**
 - You'll probably want to be at a computer/laptop
 - Turn/Stroke breakdowns
 - **Wednesdays @ 6:00pm 30-60 minutes**
- Goose Chase **Teams are assigned**

You've been invited to participate in the upcoming **Midnight Sun Scavenger Hunt** GooseChase scavenger hunt. To join, please follow these instructions:

1. Download the GooseChase [iOS](#) or [Android](#) app.
2. Choose to play as a guest, or register for a personal account with a username & password of your choice.
3. Search for and select the **Midnight Sun Scavenger Hunt** game, or search for game code **8ZKLV**.
4. Follow the prompts to select or create your team. If prompted, the password for the game is **"midnight sun"**.

If you have any questions about the game, please email your organizer (patrick.j.burda@gmail.com) or us (hi@goosechase.com).

Yoga Routine:

<https://www.yogajournal.com/practice/home-practice-open-hips#gid=ci0207568de00c25bd&pid=sukhasana-pose>

Alternate between Downward Dog and Forward Bend: 5:00

-spend at least :30 in each position before walking your hands to the other

Extended Side Angle Pose: 2:00 X2

<https://www.yogajournal.com/poses/extended-side-angle-pose>

Revolved Side Angle Pose: 2:00 X2 (If Extended Side Angle is too easy)

<https://www.yogajournal.com/poses/revolved-side-angle-pose>

Bound Side Angle Pose: 2:00 X2

-Progress the next three one after the other on one side then the other-

Warrior Pose: 2:00

<https://www.yogajournal.com/poses/warrior-ii-pose>

Extended Triangle Pose: 2:00

<https://www.yogajournal.com/poses/extended-triangle-pose>

Revolved Triangle: 2:00 (If Extended Triangle is too easy)

<https://www.yogajournal.com/practice/learn-revolved-triangle-pose>

Half Moon Pose: 2:00

<https://www.yogajournal.com/poses/half-moon-pose>

Standing Hip Opener: 2:00 X2

One Legged King Pigeon Pose: 2:00 X2

Extended Puppy Pose: 2:00

<https://www.yogajournal.com/poses/extended-puppy-pose>

Eagle Pose: 2:00 X2

<https://www.doyou.com/how-to-do-eagle-pose/>

Thread the Needle: 2:00 X2

<https://www.yogajournal.com/practice/two-fit-moms-good-evening-flow#gid=ci020756b1a00725bd&pid=thread-the-needle>