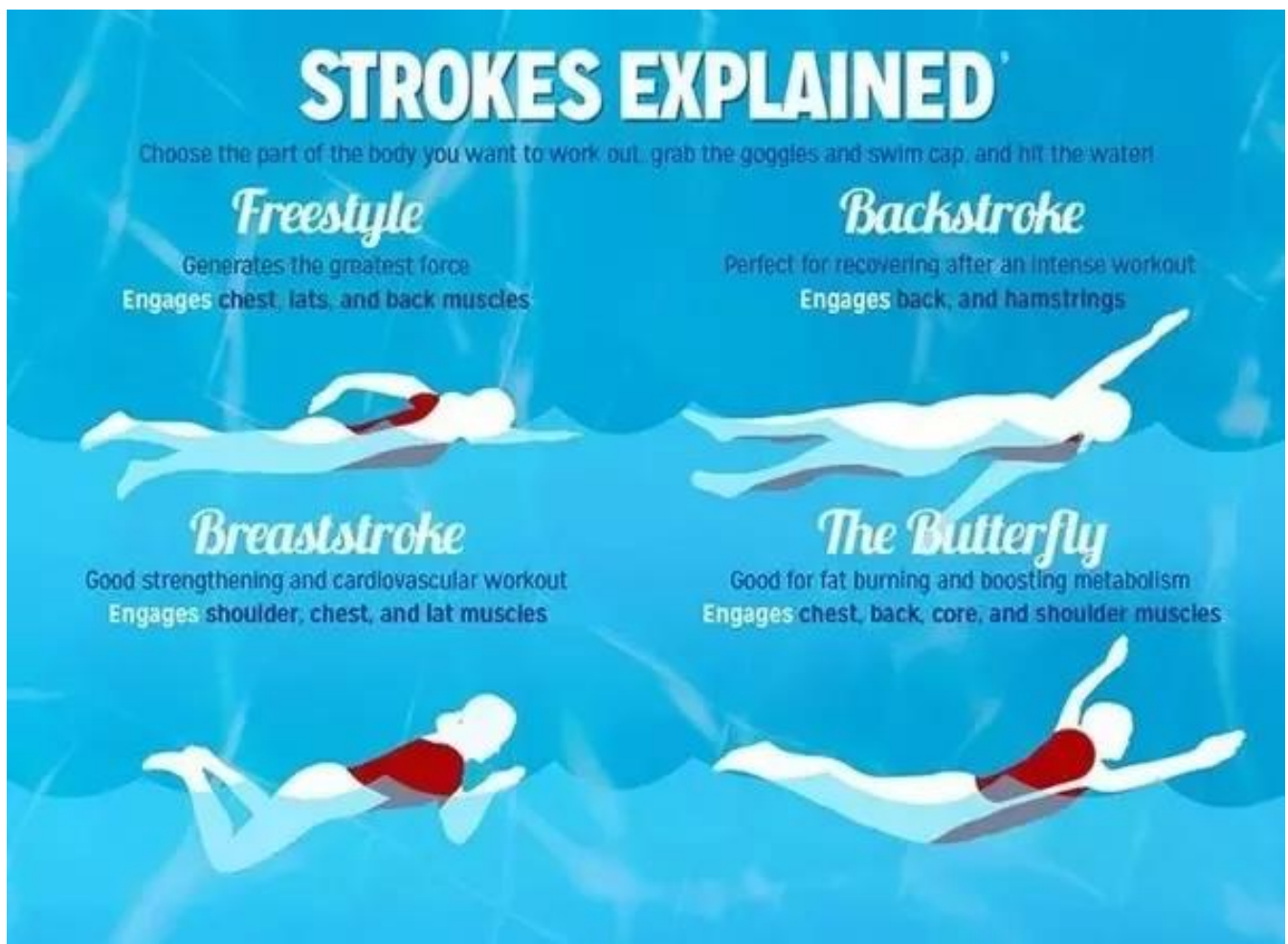


Monday, May 4th  
Upper Body Introduction

## Welcome to Day One of the Dolphins Virtual Bootcamp!

Mondays will always be dedicated to your "Upper Body Strength". Why is upper body strength important to swimmers?

We pull ourselves through the water lap after lap. It's important to have strong shoulders, back muscles, forearms, biceps and triceps to get us there:



To begin this workout, use the following 5-minute workout warm-up to get your heart rate up and body ready to move.



Once your body is warmed-up and ready to go, go through the following workout two to five times. Use the video as a guide for the correct form for each of the exercises but go through at your own pace, as needed. One round should take about 5 minutes.

**WFYD Virtual Bootcamp  
11 and Over**



**5-6x Rounds  
:40 seconds On / :20 seconds Rest**

- Pushups**
- Mountain Climbers**
- Plank Ups**
- Pike Push Ups**
- Dips**

Once you've completed your workout, use the following video to run through some upper body stretching to cool-down your body and restore your muscles!



**Great work today! See you tomorrow!**