Saturday 9:00-10:00am WOD (13&O)

Warm-Up

**2 Rounds**

Arm Swings (F/B) x 30 (15 each side)

Speed Skater Stretch x 25

Scapula Pushups x 20

Cat/Cow x 15

Deadbugs x 10

Snow Angel x 5

Inchworm x 1

WOD

Yoga!!!!!!

<https://www.youtube.com/watch?v=i9VkLOj-A-s&t=619s>

Core + Stuff

**4 rounds** :40 On/:20 Off each exercise

Plank w/ Toe Touch

Deadbugs

Plank Shoulder Taps

Reverse Crunches

Plank Up Downs

Straight Leg Kicks

Plank w/ Alternating Leg Raise

**Reminders!!**

Eat healthy!

Get 45 minutes of aerobic exercise (Bike/Run/Rollerblade)

Watch swim videos on our website

Technique vides at 4:00pm this week (Backstroke!)

BYEEEEEEEEE

