

10:15-11:00am NuWave WOD

Warm Up		
2 rounds	J Rope - little hops	50sec ex/ 10sec rest
	J Rope - alt butt kicker (try kick palms w/ heels)	50sec ex/ 10sec rest
	J Rope - alt high knees (arms straight forward @ sh ht)	50sec ex/ 10sec rest
	Cross Jacks (sitr posit, x arms & legs)	1min
	Rest	1min
1 round	mini band - hip circles (start table posit)	x10 clkw/ x10 cntr clock
	mini band- fire hydrant (start table posit)	x10 each leg
	mini band -straight leg lift up (start table posit)	x10 each leg
	Rest	1min

WOD		
3 rounds	tippy toe streamline hold	50sec/10sec rest
	plank jacks	x10
	plank str arm/hand to sky/ hold 2 ct	x10 alt each arm (total 20)
	alt spdr man lunges/ hold 2ct (start high plank posit)	x10 alt each leg (total 20)
	froggie squat jumps	x10
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Warm Up		
2 rounds	Hip brdg w/Lg Lft / hold 2ct	x20 (x10 each leg)
	supine out/in/up/down	x40 total
	ironmans/hold 4ct (sqz sh blades)	x20
	froggy situp w/ dbl arm row	x20

Announcements

Healthy eating choices (appropriate portions and nutritious snacking choices (fruits &/or veggies)

Daily 30+ minutes of Aerobic Exercise (eg ,biking, running, dancing, yoga, on-line workout...)

Stretch after joints/muscles warmed up

NuWave web site has swim technique videos , dryland workouts and other helpful resourses

10:15-11:00am NuWave Dry Land

Warm Up (Each ex - 0:45 ex/ 0:15 Rest)		
2 rounds	skier jacks**	A
	scapular push ups (start w/ plank)	B
	jumping jacks	C
	high knees	D

E3MOM

6 rounds	plank to streamline jump	x5
	squats	x10
	alt spiderman plank/ lunges	x15
	plank jacks	x20 (10 per leg)
	(Each round - 2:30 Ex, 0:30 Rest)	

Core/ Back

3 rounds	Supermans	x10 total
	dynamic backburners**	x10
	alt dead bugs	x10 total
	reverse crunches	x10

Announcements

Healthy eating choices

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10:15-11:00am NuWave Dry Land

Warm Up		
2R	Jumping Jacks	x25
	Bird Dogs	x20
	Plank to downward dog	x15
	Alt Standing Quad Stretch*	x10
	Alt Dead Bugs	x5
	Inch Worm (tippy toe up to hands)	x1

3x 10 minute AMRAPs

#1	Supine Dbl leg Lifts	x5
	Alt spiderman plank/ lunges	x10
	Plank jacks	x15
#2	Push Ups	x5
	Plank up/ downs*	x10
	Squat Jumps	x15
#3	Squat Holds (4 Count)	x5
	Exploding Star Jumps*	x10
	Froggie Squat	x15

Core/ Back

3R	Hip Bridges (hold 3 sec)	0:45/ 0:15
	Side Plank/Rotate/Reach up to sky*	0:45/ 0:15
	Snow angels With Legs*	0:45/ 0:15
	Oblique crunches	0:45/ 0:15

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