

SOLON SWIMMING

15:00 Core Workout

- Flutter kicks in streamline position @:20
- Knee crunches @:30
- Russian twists @:30
- :30 rest
- Backups @:30
- Side crunches with a leg raise (right) @:35
- Side crunches with a leg raise (left) @:35
- :05 rest
- Crunches with a pause of :02-:03 @1:00
- :30 rest
- Crossbody mountain climbers @:50
- :30 rest
- Superman hold @:20
- :15 rest
- Cross v-ups :30
- :20 rest
- Penguins @:35
- :20 rest
- Double leg raises with a hip thrust and hold of :05 @:50
- Alternating prone supermans @1:00
- Upward facing dog @:25
- Child's pose @:35
- Cover girl (right) @:30
- Cover girl (left) @:30
- Lying twist (right) @30
- Lying twist (left) @:30