		Monday	Tuesday	Wednesday	Thursday	Friday
Tigers, Jr. Tigers, Cubs, Paws	Cardio Circuit	Stretch	**Part 1 - 1x**	**Part 1: 2x**	Flip a Coin Workout	Part 1:
		Cardio- 5 minutes- walk, jog, bike, run	Monkey Arms- 10 times	10 arm circles forward and backward	Heads:	20 Jumping Jacks/10 Squat Jacks
			Speed Skaters - 10 times	15 jumping jacks	1 minutes mountain climbers	30 Mountain Climbers
			Hug YourSelf - 10 times	20 butt kicks in place	1 minute jumping jacks	0:30 Side Hop Squats (3 left/3 right)
			Streamline Calf Raises - 10 times	20 high knees in place	1 minute lunges	15 Burpees (w/pushup optional)
					1 minute calf raises	Repeat
			Part 2 - 2x (circuit) - 45 secs on / 15 secs off	**Part 2: 1x**	45 seconds plank	Part 2: 0:20 each
			Jump Rope or Jumping Jacks	50 small jumps (can be with a jump rope)	Tails:	Arm Circles Forward
			Squats	20 Mountain climbers	1 minute Burpees	Monkey Arms
			Lunges	20 shoulder taps in plank (hand taps opposite shoulder)	1 minute sit ups	Arm Circles Back
			Wall Sits	5 squat jumps	45 seconds flutter kick	Arm Sings (Huggers)
			High Knees		1 minute russian twists	Plank into Upward Dog
				50 small jumps (can be with a jump rope)	1 minute squats	Plank into Downward Dog
			3-5 min jog	15 supermans		Hold Downward Dog, Alternating Calf Stretch
				10 side lunges		Child's Pose
				5 squat jumps		Seated Toe Touch
						Butterfly Stretch
				50 small jumps (can be with a jump rope)		One Leg Back, Lay Back
				5 burpees		Other Leg Back, Lay Back
				20 calf raises		
				5 squat jumps		
	Abs		Core Set	**Plank series: 2x**	10 sit ups	2-3x
			Hold Streamline and Shoulders Ups	:30 on hands of elbows	10 mountain climbers	0:20 Seated In-&-Outs
			- Trace out the Alphabet with you toes A- L	:15 rest	10 bicycles	20x Wide Leg Situps (10 ea. side), reach hand to Opp foot
			25 Single Leg V- Ups	:30 on hands of elbows w/ small leg lift (Hold leg up for 3 seconds, then switch)	10 heel touches	0:20 Bicycle Crunches
			10 Supermans		10 leg lifts	20x Leg Climbers (10 ea. Side)
				:15 rest	10 side v ups	0:30 Alternating Plank/Sphinx (0:05 switch)
			1 min rest			30x Russian Twists (Grab weight/gallon of milk/etc.)
				:30 on hands or elbows w/ arm extension (hold arm up for 3 seconds, then switch)		20 Scissor Hold, reach hand outside of opposite foot, switch every 0:05)
			Hold Streamline and Shoulders Ups	:15 rest		Lay on Back, Legs together spell the Alphabet, feet off ground!
			- Trace out the rest of Alphabet with you toes M- Z	:30 on hands or elbows		
			25 Single Leg V- Ups	1:00 rest		
			.30sec Elbow Plank			
		Cardio- 5 minutes- walk, jog, bike, run				
		stretch and rehydrate				
	Yoga/Stretch		https://www.youtube.com/watch?v=vDrwLeCntdI	Stretch on your own		Yoga for Swimmers - Legs
						https://www.youtube.com/watch?v=KGGwXDqvojU
						Big book or Pull Buoy can be used as yoga block!
Senior	Add-ons		Do Part 2 of Cardio circuit 3x - 4x	Do Part 2 of Cardio circuit 3x	abs x3	Extra Round of Part 2
		Flip the coin x 2	- (1.00 instead of :.45)			Run, Swim, Bike, Jump Rope,
		10 minute cardio before and after	Core Series 3-4x	Do Plank series 2x (:45 instead of :30, w/ :15 rest)		Basketball, etc. Get some fresh air!
			-Spell out full name - first middle last with your toes)			
			- .45 sec Plank			

Disclaimer: Because these activities are not supervised by a USA Swimming coach, they are done at their own risk and are suggestions of activities only, not mandated by Tiger Aquatics.