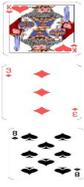


	Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Circuit	Run or Bike ride- 20 minutes	<b>Part 1</b> Jumping Jacks - 15x Monkey Arms - 15x Speed Skaters -15x Hug Yourself - 15x Streamline Calf Raises - 15x Butt Kicks - 15x  <b>Part 2 - 30 Sec / 15 rest (repeat 2x)</b> Jump Rope or Jump Squats Flutter Kicks on Back Mountain Climbers Wall Sits Single Leg Kick Up - Alternating Arm	10 Jumping Jacks 20 calf raises 10 side lunges 5 streamline squat jumps (like you're pushing off the wall!)  10 burpees 20 side to side jumps (feet together like your jumping over a line) 30 mountain climbers 5 streamline squat jumps (like you're pushing off the wall!)  10 frog jumps 20 supermans (lay on stomach, lift arms and legs up at the same time) 30 mountain climbers 5 streamline squat jumps (like you're pushing off the wall!)	Wall sits- 30 seconds high knees- 30 seconds butt kicks- 30 seconds squats- 30 seconds x 3  Plank- 30 seconds Mountain climbers- 30 seconds Star jumps- 30 seconds rest- 30 seconds x 3  burpees- 1 minute rest- 30 seconds x2	<h2>Deck of Cards Workout</h2> <p>Click through to learn "how to play" and get instructions for each exercise!</p> <p><b>Level 1</b>            Spades: Squats            Diamonds: March in Place            Hearts: Standing Crunches            Clubs: Triceps Dips</p> <p><b>Level 2</b>            Spades: Reverse Lunges            Diamonds: Jumping Jacks            Hearts: Basic Crunches            Clubs: Modified Push-Ups</p> <p><b>Level 3</b>            Spades: Burpees            Diamonds: Mountain Climbers            Hearts: Bicycle Crunches            Clubs: Push-Ups</p> <p>flaxseedsandfairytales.com</p> 
Abs	<h1>SPELL YOUR NAME..</h1> <p>NOW WORKOUT!</p> <p>A: 10 Burpees            B: 1- Minute Plank            C: 20 Push- Ups            D: 40 Jumping Jacks            E: 15 Squats            F: 3 Minute Wall Sit            G: 15 Crunches            H: 30 Calf Raises            I: 20 Body Squats            J: 20 Mountain Climbers            K: 15 Tricep Dips            L: 1 - Minute Plank            M: 20 Lunges</p> <p>N: 30 Second Plank            O: 20 Push Ups            P: 25 Arm Circles            Q: 15 Side Lunges            R: 10 Burpees            S: 20 Mountain Climbers            T: 20 Jump Squats            U: 1 Minute High Knees            V: 40 Jumping Jacks            W: 15 Tricep Dips            X: 15 Crunches            Y: 3 Minute Wall Sit            Z: 30 Calf Raises</p> <p><i>WGA 0+0+0</i></p> <p>Do: Tiger Aquatics and then your name and add on as many others as you'd like.</p>	<b>Circuit Abs (repeat 2x)</b> 20 Deadbugs 20 Single Leg V- Ups 20 Superman Crunches 10 Burpees 30 sec Elbow Plank	<b>Abs</b> 10 Streamline Crunches 10 Toe Touches 10 single leg v-ups 20 reps of your favorite ab exercise 10 flutter kicks on your back 10 knee tucks (on your back, legs straight out, bring knees to chest) 10 single leg v-ups 20 reps of your favorite ab exercise (different from the first set of 20)	heel touches- 15x side plank tucks- 15x each side russian twist- 30x thread the needle- 15x each side v sits- 15x supermans-15x	2-3x 0:20 Flutter Kick 0:20 Scissor Kick 0:30 Bicycle Kick (0:15 forward, 0:15 Back) 0:30 Alternating Plank/Sphinx (Plank on elbows), 0:05 switch 30 Russian Twists 20 Scissor Holds (one leg up, one out, feet off the ground, pull toes back) Downward Dog crunches (hold 0:05 each: right leg up, right knee to right elbow; leg up, right knee/forehead, leg up, right knee/left elbow, leg up, switch sides & repeat)
Yoga/Stretch	Take your time and stretch it out.	Repeat from Week 3 - Yoga for Swimmers (35 min) - <a href="https://www.youtube.com/watch?v=ohJgKA1ztNk">https://www.youtube.com/watch?v=ohJgKA1ztNk</a>	Do your favorite Meet Day stretches, hold each one for 20 seconds!	<a href="https://www.youtube.com/watch?v=eOWJsw_ARB0&amp;t=14s">https://www.youtube.com/watch?v=eOWJsw_ARB0&amp;t=14s</a>	Yoga for cyclists w/ Adriene (hips and quads): <a href="https://www.youtube.com/watch?v=ZBwCs2s6o70">https://www.youtube.com/watch?v=ZBwCs2s6o70</a>
Add-ons	Challenge: Spell Tiger Aquatics Your name- first, middle, and last The name of your pet(s) Your prime stroke.. spelled out ex: butterfly not just fly :)	Part 2 of Cardio 3-4x for a minute each instead of .30 Abs - 3-4x and add on 30 seconds right side plank / 30 seconds left side plank	Do 2- 3 rounds of the cardio circuit and abs	1 st round of cardio for 1 minute Repeat abs	