

WEEK 7 (5/4-5/8)

	Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Circuit	<p>Put your favorite playlist on shuffle</p> <p>Run as long as the first song is playing: After the song is over:</p> <ul style="list-style-type: none"> 15 squats 16 lunges 10 burpees <p>Run as long as the next new song on the playlist: After the song is over:</p> <ul style="list-style-type: none"> 10 squats 10 lunges 10 burpees <p>Run as long as the next new song on the playlist: After the song is over:</p> <ul style="list-style-type: none"> 5 squats 6 lunges 10 burpees 	<p>Repeat 2x</p> <p>40 Jumping Jacks 20 Squat Jumps 40 windmills 20 lunges 40 streamline Calf Raises</p> <p>20 Pushups 1 minute Wall Sit</p>	<p>Warm Up: 2-3x</p> <p>10 arm circles forward/10 arm circles backward 15 jumping jacks 10 monkey arm swings 20 butt kicks in place 10 High knees in place</p> <p>As many rounds as possible in 10 minutes!</p> <p>10 lunges 5 burpees 20 mountain climbers 10 supermans 20 flutter kicks on back</p>	<p>Choose your own Workout Adventure</p>	<p>Warm Up: x2</p> <p>30 jumping jacks 15 burpees 15 body weight squats 30 jump lunges 15 high knees 15 mountain climbers :30 second wall sit</p> <p>After 2 rounds:</p> <p>.5 mile run/jog/walk</p>
Abs	<p>2 rounds:</p> <p>20 reverse crunches 10 tuck ups :60 elbow plank 40 right side obliques 20 full sit ups 40 left side obliques :60 push-up plank 40 "toe touch" pike position (straight legs in the air and touch your toes) :45 6inch kick</p>	<p>3 Rounds:</p> <p>30 single leg v-ups 40 Russian Twists 30 knee tucks 40 Scissor Kicks 50 Streamline crunches 1 minute plank</p>	<p>15 streamline crunches 15 toe touches 20 Single leg v-ups 10 sit ups (do them streamline to make them harder) :30/:45/:1:00 plank (pick a time, go right into the next exercise, no break) 20 mountain climbers 20 bicycle crunches 10 sit ups (do them streamline to make them harder) 10 leg lifts on back 15 knee tucks 20 reps of ab exercise of your choice 10 sit ups (do them streamline to make them harder)</p>	<p>Olympic Medalist Ab Workout https://www.youtube.com/watch?v=0BgGuxSyOhQ</p>	<p>25 in and outs 25 bicycles forwards 25 bicycles backwards 25 crunchy frogs 25 wide leg sit ups 25 fifer scissors 25 hip rock and raise 25 pulse ups 25 v-up/roll-ups 25 oblique V- ups 25 leg climbers 25 mason twists</p> <p>For video reference: p90x: Ab Ripper X https://tinyurl.com/jctdghc</p>
Yoga/Stretch	Take your time and stretch out your legs and abs	Take your time and stretch out your legs and abs! Shake out your muscles!	20 minute deep stretch for athletes: https://www.youtube.com/watch?v=YU2Esd1_ugQ	https://www.youtube.com/watch?v=yetbSrCW1TQ	https://www.youtube.com/watch?v=Ji9vKgFWK88
Add-ons	:30 sec hollow body holds 25 glute bridges x4	Do the cardio circuit 4 times through :30seconds on/:10 seconds off	Warm-up 3x As many rounds as possible in 15 minutes	Choose your own adventure x2 (pick a different route)	Enjoy your weekend with outdoor activities!

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.