**Zoom Call Dryland from Thursday, 5/28**

After pre-work…

10 Michael Phelps arm swings to get those arms ready

:10 rest

10 monkeys

:10 rest

10 windmills – use core to rotate

2:00 rest

2x

* 5 pushups
* :10 rest
* :30 elbow plank
  + tight core by squeezing muscles to keep belly button in line with your spine
  + Transition immediately into
* :30 R side plank
  + choice of arm up or at side, keep eyes looking sideways at a wall
* :30 elbow plank
* :30 L side plank
* :30 elbow plank
* 1:00 rest, water break, shake out arms

Rest for 2:00 after second time through the pushups/planks set

* 5 “perfect” starts to streamline jumps
  + Tell yourself “take your mark, go”
  + Jump up and not forward into streamline
* :30 rest
* 2:00 jump rope
* :30 rest
* 2:00 high knee run
* :30 rest
* 2:00 butt kickers

2:00 water break, time to explain what’s next

[Caleb Dressel core workout ~ 5:00](https://youtu.be/OWG_Is0JSjo)-8:00

Cool down: 20 jumping jacks