



Wednesday 4/22/2020

**Warm up**

2 rounds

8x kneeling thoracic mobility (see week 1)  
5x cat/dog (see week 1)  
1x lunge series (see week 1)  
5 yard lateral bear crawl in each direction

**Set 1- upper body**

3 rounds

10 x shoulder taps in plank position  
10 x superman hold

**Set 2- lower body**

3 rounds

5 x tuck jumps  
5 x lunge series with overhead reach  
5 x Ski squat jump with lateral leg raise

**Core**

6x isometric V ups  
12x front bridge pike ups

**Recovery**

**2 rounds**

5x cat/dog stretch  
5x kneeling thoracic mobility  
5x reverse lunge overhead stretch



**Wednesday 4/15/2020**

**Warm up**

**2 rounds**

5x cat/dog

8x kneeling thoracic mobility

5x kneeling glute kickback

1x lunge series

10x jumping jacks

**Set 1- Upper body**

**3 rounds**

8x super man

10x front bridge pike up

5 yards lateral bear crawl in both directions

**Set 2- lower body**

3 x 5 yard monster walk forward/backward

3 x 8 frog squat

1x lunge series

**Set 3- core**

**3 rounds**

:30 backstroke kicks

:15 front bridge rockers

15 x rope climbs

:15 glute bridge hold

**Recovery**

**2 rounds**

5x cat/dog stretch

5x kneeling thoracic mobility

5x reverse lunge overhead stretch



### Wednesday 4/8/2020

#### **Warm up**

8x kneeling thoracic mobility (see week 1)  
5x cat/dog (see week 1)  
1x lunge series (see week 1)  
8x kneeling thoracic mobility  
5x glute bridge (:05 hold)  
1x lunge series  
5 yard lateral bear crawl in each direction

#### **Workout**

Upper body 2 rounds	Lower body 3 rounds	Core 2 rounds	Recovery 2 rounds
<b>5x push ups</b> (place hands on elevated surface or go to knees)	<b>10 x squats</b>	<b>:30 backstroke kicks</b> (keep back flat and toes pointed)	<b>Lay flat on back- bring knees to chest and hold :10</b>
<b>8x superman hold</b>	<b>:20 bunny hops in SL</b>	<b>:15 plank (Front bridge)</b>	<b>Staying on back, let legs fall to the side and hold for :05 repeat to both sides</b>
<b>10x front bridge rocker</b>	<b>8 Reverse lunge with overhead stretch</b>	<b>10x sit up</b>	<b>Stand in streamline hold- allow arms to fall to left/right side (Stretching through lats and obliques)</b>

#### Looking for another challenge?

Repeat last week's workout this Friday (4/10) for an added boost of strength and cardio work this week!

**Please note: Due to the holiday on Sunday, April 12th, SwimFit 2 and 3 meet up will be RESCHEDULED for Monday, April 13th at 5p.**

**See you then!**



**Wednesday 4/1/2020**

**Warm up:**

Reviewing each of the exercises from Sunday's review. Please use this is your warm up.

**Kneeling thoracic mobility-** use your rib cage to rotate. Eyes follow the elbow rotating from elbow to elbow and up to the ceiling. Repeat both sides 8 times

**Front bridge pike up:** make sure that the hips stay in line with the spine when moving up and down. Use ankles on the pike up, keeping back flat and eyes rotate towards toes

**Lunge series/arms:** Arms raise as you press through foot and step back to center on each lunge. 5 lunges/leg, and toes remain pointing forward on each lung

**Cat/Dog:** inhale as chin curls under and you pull mid-back/between shoulder blades to the ceiling. Exhale as you pull bellybutton to the floor and eyes to the ceiling

**Dryland Week 1 exercises**

2 rounds  
Warm up

**8 x kneeling thoracic mobility**

**6 x Front Bridge pike up**

**5x Cat/Dog**

**1 x lunge series/ leg**

A grid of five video thumbnails. Top row: a thumbnail of a person in a kneeling position, and a large empty black box labeled '2 rounds' and 'Warm up'. Bottom row: three thumbnails showing a person performing a front bridge, a person in a cat/dog pose, and a person performing a lunge.

**TABATA workout**

**:20 exercise/:10 break - 6 rounds- 15 minutes TOTAL**

**High knee runs-** stay on your toes and get knees in front or above hip

**Squats-** weight in heels, chest up, push hips back into a seated position

**Jumping Jacks-** stay on toes and full range of motion with arms- keep them long!

**Front bridge/plank-** (on hands/push up position)- on toes, keeping head in line with spine, engage core and eyes between hands

**Glute bridge hold-** laying down, get feet flat on floor and under knees. Push hips up and hold