# San Antonio Wave Senior Dryland
# Monday December 28, 2020

**Warmup/Mobility (:30)**

- Dynamics (x2)
- Big Arm Circles (x2)
- Small Arm Circles (x2)
- Alternating Side Lunges
- Iron Crosses
- Page Turns* (x2)

**Set 1: Bands/Weights x2 (:30/:10)**

- Diagonal Pull Aparts
- Lawnmower Pulls
- External Rotation
- Triceps Extension
- Seated Rows

**Set 2: Cardio (:60/:15)**

- Square Jumps
- Cross Body Jacks
- Tuck Jumps
- Mountain Climbers
- High Knees
- ¼ Burpees

**Set 3: Upper (:60/:20)**

- High Plank
- Shoulder Taps
- Knee Pushups (chest to ground)
- 5 Quality Pushups

**Set 4: Med Ball Lower 2x (:30/:10)**

- Bearhug Squats
- Stationary Lunges
- Lateral Squat Walks
- Overhead Squat > Calf Raise

**Set 5: Core x3 (:20/:00)**

- Hollow Body Hold
- Flutter Kicks
- Crunch Hold
- Penguin Crunches
- 90^ Toe Touches

**Stretching/Recovery**

Sun Salutations

***Start in 'fetal' position with palms together. Open one arm up and over to form 'T'. Return to starting position.