San Antonio Wave Developmental Dryland
Monday, February 8, 2021

Warmup/Mobility (:30)

- Arm Swings
- Frankensteins
- Jog in place
- Cherry Pickers
- Jumping Jacks
- Windmills

Set 1: Active Warmup (:60/:15)

- Air Punches
- Standing Knee to Elbow
- Dead Bugs
- Standing Butterfly Arms w/ Hops*

Set 2: Cardio 2x (:40/:20)

- Plank to Squat
- High Knees
- Square Jumps
- Streamline Squat Jumps

*'Hop' in place of dolphin kicks: one when hands are up, one when hands are at hips

Set 3: Daily Pushup Segment

- Wall Pushups (:60)
- High Plank (:50)
- Knee Pushups (:40)
- Drop Downs (may use knees to reset) (:30)
- 5 Focused Pushups

Set 4: Holds 2x (:30/:10)

- Wall Sit/Squat Hold
- Plank
- Hollow Body Hold
- 6 In Hold

Stretching/Recovery

Sun Salutations