JUNE 11th

San Antonio Wave Intro Swimmers

Warm Up: 1 Rounds

- 30 Sec. Brst Stroke Walk
- 30 Sec. Brst Stroke Feet
- 30 Sec. Side to side lunges with Lean
- 30 Sec. Jumping jacks
- 30 Sec. Dynamic Squat Stretch

Daily Push Up Segment- How to Push up 101

- Wall Pushups 50 Sec.
- Incline Pushups 40 Sec.
- High Plank 30 Sec.

Main Set:

- Star Jumps
- Knee Tucks 40 Sec. – 1Round
- Bird Dogs

ONE MIN REST

- Sit ups 30/40 Sec. – 2Rounds
- Crunches
- Reg. Planks
- Russian Twist

Stretching: TBA at Practice