**Dryland – Day 1 (Saturday or Sunday)**

Lay in streamline on back – hold 10 seconds

Sit up in streamline – reach for sky – eyes straight ahead, tummy tucked in – hold 20 seconds

Lay back in streamline - flutter kick – 30 seconds

Roll on stomach and streamline – hold 20 seconds

Superman – hold 15 seconds on each side- repeat 3 times



Push -ups – 10 – mountain climbers – 20 – repeat 3 times without break

Leg lifts (hands at hips) – 15 – Windshield Wipers (legs straight up and from side to side – like a windshield wiper) – 10 (back and forth counts as 1) – repeat 3 times without a break

Crunches - 10 x knees bent, feet on ground – 10 x legs off ground with knees bent– 10 x feet on ground, left elbow to right knee – 10 feet on ground, right elbow to left knee - 30 sec rest, repeat

Jumping Jacks – 25 – rest 20 sec – 25 – rest 20 sec – 25 (3 sets total)

Squats – 3 sets of 15

Squat jumps – 3 sets of 10 – into a streamline

Burpees – 3 sets of 5

Congratulations - DONE