

Home Workout 3/19/20

#1 – Level IV/V: DO YOUR SHOULDER EXERCISES (that you should know by heart because you've been doing them on your own at the pool twice a week for over 1 year now.) If you do not have a stretch cord, do the exercises anyway and simply focus on squeezing your shoulder blades.

#2 Run 1 Mile (or 10:00) – Jog Pace

#3 – 6 Rounds

- :30 Wall Sit
- 10 Bunny Hops (Jump Rope without the rope)
- 10 Burpees – Finish each with a jump and clap overhead
- SPRINT 25 Yard(ish)
- Rest 1:00

#4 - .5 Mile Run – Fast Avg Pace (or 4:00)

#5 ABS – Accumulate 6:00 of Planks, break/rest as needed

- Flat back, straight legs, hips aligned, head neutral

NOTE: If you can't or shouldn't run...find a substitute, like a bicycle