Home Workout 4/14/20

TEST SET – stolen from [www.swimswam.com](http://www.swimswam.com) posting 4/13/20. Check out [the post directly](https://swimswam.com/daily-dryland-swimming-workouts-23-test-set/) for a 10:00 shoulder activation warmup.

Warmup  
See the above link for shoulders  
+  
5:00-10:00 of you choice to make sure your whole body is ready to go

Test Set – resting 1:00 between each item  
 -Each set is a MAX set to failure

1. Pushups (Elbows at 45 degrees from your side)
2. Standard Plank (elbows)
3. Pushups (Elbows at 45 degrees from your side)
4. Flutter Kick – for time
5. Pushups (Elbows at 45 degrees from your side)
6. Standard Plank (elbows)
7. Pushups (Elbows at 45 degrees from your side)
8. Run around a set course – about 1 mile (on a safe course)
   1. Substitute a 3 mile bike, 8:00 Jump Rope for reps, 2k Row, etc

Secondary Set - :20 rest between exercises

1. 15 x Calf Raises – preferably holding some sort of weight
2. 10 x Air Squats
3. 15 x Calf Raises
4. 10 Squat Jumps
5. 15 x Calf Raises
6. 30 Mountain Climbers (modified from original post)
   1. 30 reps each leg

Warmdown  
Long Walk and/or stretching