

Dryland Swim Workout



Warmup

- Arm circles:
 - forwards- 10x Small, 10x Medium, 10x Large
 - backwards- 10x Small, 10x Medium, 10x Large
- Buttkicks: 10x each leg
- Leg back swings: 10x each side
- Leg front swings: 10x each side
- In table position (hands and knees)
 - 10x "pointer dog" (arm and leg raise, opposite sides)
 - 30-60 seconds plank hold

Main Set

Section 1: start on the floor

- 10x Leg raises, in streamline position, alternating
- Streamline Superwomans 10x
 - Superwoman: roll over to your stomach. In a streamline position, lift your head, hands, and feet up an inch or two off the ground and then back to the floor)
- Flutter Kick, 30 sec
 - Roll onto your back, arms in streamline above your head but on the ground. Lift your feet and flutter kick fast for 30 seconds. Engage your glutes!

Repeat as you like, at least once

Section 2: standing

- Streamline Hold, 30 sec (squeeze your ears with your arms, tighten your core and keep your whole body in line)
- Streamline Squats, 10x (stay streamline and squat! whatever a squat looks like to you)

Repeat as you like, at least twice

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Section 3: pushups

- Narrow 5x
- Middle/regular 5x
- Wide 5x
- Plank for 30 secs (whatever it looks like for you)

Repeat as you like, at least once

*Pushup adjustments/adaptations: standing up against the wall, on your knees, on a bench. There are many many ways to do pushups - adapt as your body needs.

Repeat the Main Set 1-2 more times, or no more times!

Cool Down

Standing:

- 6x Neck Rolls, alternating direction
- 2x Arm Cross Shoulder Stretch, 30sec each side
- 2x Overhead Tricep/Arm Stretch, 30sec each side

On the Floor:

- 3x Figure Four glute stretch 30 sec each leg (with or without pulling your knee close)
- Straight Leg 3-way Stretch
 - 1 min each position each leg (use a towel or band or strap)
- Shavasana 1-5 minutes
 - Give thanks to your body for its strength and power and cooperation