



22 June 2020 Monday

Warm up – 5 minutes stretching

Choose your intensity:

Daily workout = 3 rounds

Higher intensity workout = 5 rounds

- 14 x Burpee chest to floor
- 14 x Press ups (elevated if possible)
 - 14 x Tricep Raises
- 14 x Lateral Raise/Forward Raise Alternate
 - 14 x Reverse Flys
 - 14 x Shoulder Press,
 - 14 x Bent over row
- 14 x Press up + rotate
- 60s Rest

Stretching

Drink well during rests and drink extra if it's very warm

Parents: Please make sure the area swimmers are working in is safe particularly when jumping. Use a mat (or grass if it's dry) where possible and not a hard floor. Please try and move large objects or trip hazards out of the way. Taking part is not mandatory and please monitor your swimmers during exercise to help them stay safe, hydrated and don't let them exercise if they are not up to it.