



26 June 2020 Friday

Warm up – 5 minutes stretching

Choose your intensity:

Daily workout = 3 rounds

Higher intensity workout = 4 rounds

- 10 Donkey kicks each leg
- 10 Pulse Squats
- 10 Side taps each side
- 10 Side Lunges Each side
- 10 Forwards to backwards lunges each leg
- 10 Narrow Squats
- 45s 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.