



27 June 2020 Saturday

Warm up – 5 minutes stretching

Choose your intensity:

Daily workout = 1 round

Higher intensity workout = 2 rounds

Each exercise done as 5 x 30s/15s rest between & 30s Star jumps/jog to change between different exercises (so 30s on/15 rest/30 on/15 rest/30 on/15 rest/30 on/15 rest/30 on/30 star jumps/30s next exercise...)

Plank + rotation

Plank shoulder touch

Vertical crunches

Bicycle Crunches

Dish hold

Cross Climbers with pause

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.