

	Exercise	RUN	Exercise	Swim	Exercise
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>100 Single Jump Rope</li> <li>30 on Rt foot</li> <li>30 on Lft foot</li> <li>30 Reverse Jumps</li> <li>100 Single Jump Rope</li> <li>100 Speed steps (alternating feet)</li> <li>Rest 60 Sec</li> <li>As many Speed steps as possible in 1 min</li> </ul>	Jog/walk 5 min to warm up	3 X <ul style="list-style-type: none"> <li>25 Jump Jacks</li> <li>15 Squats</li> <li>5 Push ups</li> </ul>	Stretch as needed  Swimming 5 min of laps med pace	Warm Up: Jog/walk for 5 min Or Jump rope 5 min
<b>Stretch</b>	<ul style="list-style-type: none"> <li>Ankle Mob</li> <li>Hip Flexor to Hamstring Stretch</li> <li>10 Air Squats</li> <li>Laying Active Hamstring Stretch (do not pull on your knee, hold leg above or below knee)</li> <li>10/leg Single leg glute bridge</li> <li>8/side T-spine rotation</li> <li>8 cobra to down dog</li> </ul>	<ul style="list-style-type: none"> <li>Spider mans</li> <li>Hip Flexors</li> <li>Ankle Mob</li> <li>Arm Circles 5 forward 5 backward</li> </ul>	<ul style="list-style-type: none"> <li>Childs pose</li> <li>8/side T spine rotation (on hands and knees, hand behind head (but do not pull head) rotate elbow to elbow)</li> <li>Cobra to down dog</li> <li>Hip flexor stretch to hamstring stretch</li> <li>8/leg spiderman stretch</li> </ul>	As Needed at the beginning and End	<ul style="list-style-type: none"> <li>8/leg Lying Active Hamstring Stretch</li> <li>8/leg snl leg glute bridge</li> <li>cat/cow</li> <li>walkouts</li> <li>Rev lunge OH reach</li> </ul>
<b>Workout</b>	3X <ul style="list-style-type: none"> <li>10 Push Up</li> <li>9/leg Rev Lunges (18 total)</li> <li>8 chair dips</li> <li>7 Calf Raises</li> <li>6 sit ups</li> <li>5 squats</li> <li>4 Burpees (because you love them so :)</li> <li>3 Mountain Climbers</li> <li>2 lateral lunges</li> <li>1 60 sec plank</li> </ul> 2x <ul style="list-style-type: none"> <li>0:45 sec plank on left side</li> <li>60 sec of tuck ins</li> <li>60 sec rest</li> <li>0:45 sec plank on right side</li> <li>60 sec of flutter kicks</li> <li>60 sec rest</li> </ul>	4x <ul style="list-style-type: none"> <li>30 sec medium pace run</li> <li>30 sec off</li> <li>30 sec sprint run</li> <li>60 sec off</li> </ul> Tabata to Burpees 8X <ul style="list-style-type: none"> <li>20 sec of Burpees</li> <li>10 sec rest</li> </ul> Tabata to tuck ins 8x <ul style="list-style-type: none"> <li>20 sec tuck ins</li> <li>10 sec rest</li> </ul> 3x <ul style="list-style-type: none"> <li>60 sec of running starting slow and building ending in a sprint</li> <li>2 min rest</li> <li>30 sec sprint</li> <li>60 sec rest</li> </ul>	3 X <ul style="list-style-type: none"> <li>10/leg Left Leg single leg dead lift with reach</li> <li>1 min of jump rope or jumping jacks</li> <li>10/leg Right Leg single leg dead lift with reach</li> <li>1 min of jump rope or jumping jacks</li> </ul> 3 X <ul style="list-style-type: none"> <li>10 push up</li> <li>10/arm so 20 total bent over row               <ul style="list-style-type: none"> <li>use any kind of weight you can find, water bottle or jug of water</li> </ul> </li> <li>using a chair to brace your hand, feet shoulder width apart toes facing forward, flat back, shoulders pulled back, using a water bottle or canned good as a weight row the weight</li> <li>30 sec table tops (making a square with your body, stomach facing up, digging heels into the floor, fingers facing your feet, hand under shoulders, feet under hips)</li> <li>30 sec of child's pose</li> <li>10/side bird dog</li> <li>60 sec res</li> </ul>	8X <ul style="list-style-type: none"> <li>60 sec of laps</li> <li>30 sec off</li> </ul> 3x <ul style="list-style-type: none"> <li>60 sec all out as fast as possible</li> <li>60 sec rest</li> </ul> <ul style="list-style-type: none"> <li>Tread water for 1 min</li> <li>rest 1 min</li> <li>Tread water 2 min</li> <li>rest 1 min</li> </ul> <ul style="list-style-type: none"> <li>5 min, Easy to cool down</li> </ul>	4 X <ul style="list-style-type: none"> <li>30 sec on of push up rows (if no DB available just do push ups)</li> <li>30 Sec off</li> </ul> 3X <ul style="list-style-type: none"> <li>30 Sec Boat Pose</li> <li>30 Sec Mnt Climbers</li> <li>30 Jump Squats</li> <li>60 sec Rest</li> </ul> 4 X (can use water bottles or resistance band, stand on band for lat raises and curls wrap band around pole for rev fly) <ul style="list-style-type: none"> <li>8 DB Lat Arm Raises</li> <li>8/arm Alt DB curls</li> <li>8 DB Rev Fly</li> </ul>