

Swimmers

I appreciated the feedback recently received. I know at this point that uncertainty about the future coupled with the sameness of the present may be making motivation difficult. I know at times it is that way for me. The word unprecedented about the current situation has almost become a cliché but it is the reality we are dealing with. As you have recently heard plans are being made for a phased return to the world beyond your home. Crawfish Aquatics will be a part of that return. We will be a part of the “new normal”. Routine is helpful to get through the days ahead prior to your return so I urge you to make the workouts part of your day. Reach out to friends, work out safely together, and get to the other side of this situation ready. I look forward to that day.

Dig Deep!

Coach Billy

Mon/Wed: 30 min or more aerobic activity

Ab Circuit: 1:00 on :30 rest

You decide the exercise

1-stomach 2-stomach 3-back 4-right side 5-left side then repeat

Tue/Thur: Dynamic warm up then circuit then stretch

2:00 min work 1:00 min rest

1-:60 sec push up

:60 sec pull up

2-:60 sec reverse lunge opposite side reach with arm

:60 sec split squat jumps

3- wall sit with taps(weighted if possible) btw legs, right side, above head, left side

4-flutter kicks hands under butt the entire time

5-burpees with push up and streamline jump (do these correct)

6-jumping jacks

7-punches alternate jabs use light weight (1-2lbs) if possible

8-supers hands on back of head lift plus twist to both sides

9-:60 sec tricep chair press

:60 sec bear crawl

10-jump rope

11-plank :30 elbow to hand :30dbl mtn climber :30 elbow to hand :30 single leg mtn climber

12-streamline row boats

Fri: continue the challenge from the last circuit

Sat: online yoga or pilates or something different from the routine that you find interesting