

GHAC QuarantEAM Indoor Workout #4

[Video Click HERE](#)

Disclaimer

The following activity is a recommendation to stay active during this period away from the pool. Please exercise caution when doing all exercises as a coach is not present. If any exercise causes pain, stop immediately.

WARM UP

Warm up:

-You can extend the optional cardio portion as long as you would like

Exercise	Repetitions
Glute Bridge (one second pause at top)	10
Bird Dog (one second pause at top)	10
Glute Bridge March (one second pause at top)	10
Swimmers (one second pause at top)	10 (each side)
Single Leg Glute Bridge (one second pause at top)	10 (each side)
Superheros (one second pause at top)	10
I, T, Y's (one second pause at top)	30
Optional Cardio: Treadmill, Stationary bike, stairs, skipping, etc	5 to 10 min

MAIN WORKOUT

Workout 3:

- High energy is most beneficial but focus on proper form vs. rushing through the exercises
- No rest between exercises but take at least 30 seconds after each set
- You can time how long it takes to complete all the exercises in each set and record your time to track improvement
- Additionally, you can time how long it takes to complete all 3 sets (including rest) and enter that into the “Total Time” section, which is another great way to monitor improvement.

Exercise	Repetitions	Set 1	Set 2	Set 3
Military Pushup	10	Time:	Time:	Time:
Burpee	5			
Sumo Squat	10			
Burpee	5	Notes:		Total Time:
Reverse Lunge	10			
Plank Shoulder Tap	20			
Side Plank Reach	10 (each side)			

Complete 3 rounds and record your times

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