

GHAC QuarantEAM Indoor Workout #0

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.

Cardio Workout

Today's dryland workout is a more cardio-focused workout, as compared to the strength workouts that we've been doing for the last week. As compared to just running alone, this cardio workout will give you a full-body cardio experience so that you're ready to rock when your pool reopens.

KEY: Try to only rest when the workout says to rest. Otherwise, go straight into the next exercise.

Warmup

(3x through, progressively faster on each round)

:30 seconds jumping jacks

:30 high-knee steps in place (use your arms and your legs together)

:30 butt kicks in place

:30 lateral shuffles

Rest 1:00 After 3 rounds (no rest between rounds)

Technique Set

(3x through)

10 x squat jumps (FOCUS ON FORM)

10 x lunge jumps

10 x Plank Jacks (Start in a pushup position, jump and spread your legs, then jump and return to a plank. Focus on explosiveness)

:30 rest after each round

Main Set

(3 x through – work fast, but keep your form tight)

15 x burpees

15 x pushups

:20 flutter kicks (balanced on your butt)

10 x burpees

10 x pushups

:20 flutter kicks

5 x burpees

5 x pushups

:20 flutter kicks

:30 plank to catch your breath

:30 rest (while standing, DON'T JUST LAY DOWN AFTER YOUR PLANK!)

Cool Down
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