

	<p>Now time for some fine print...USA SWIMMING insurance only covers athletes when they are in the physical presence of a certified coach. We have been directed by our national governing body to remind athletes and families that there are risks with all physical activities. Participation in any routine posted on this website or communicated from the JETS coaching staff in any manner falls under the guidance and discretion of the athlete's parent/guardian. Please proceed with appropriate caution and choose activities that parents feel are appropriate for their child.</p>		
	Deck of Cards Workout	GET UP AND MOVE	Core, Balance, and Stretch
WARM-UP	Core Warm-Up 5 Minute Warm Up: Abs & Core - Improve Shape, Mobility & Blood Flow!! https://www.youtube.com/watch?v=auX4JdW-Ujl	2 x 20 Jumping Jacks 4 sets of 20 x arm circles (forward/small - backward/small - forward/large - backward/large)	EXAMPLES OF THESE CAN BE FOUND HERE. 1 minute Frankenstein Walk, 1 Minute Knee Hugs Walk, Iron Cross - 10 on each leg, Scorpion Stretch - 10 on each leg.
TOTAL BODY	All you need is a deck of playing cards (in a pinch I have even downloaded a deck of cards app). Each suit in the deck corresponds to a particular exercise. The number on the card is how many reps you do. I like to also mix it up with some exceptions. Just shuffle the deck and go! Diamonds: Mountain Climbers Hearts: Squats Spades: Turtles Clubs: Sit-Ups Aces: run a 'lap' Kings: 1 minute plank of choice Queens: 20 reps Jacks: 15 reps	Go through 2 full rounds of the following. Mark of a 30 foot "track" outside or in your house. For each 'walking' exercise go down and back on your designated course. Exercises alternate between a moving and a stationary exercises. Once you complete each round, go for a 10 minute run/bike cardio. Frog Jumps 20 x crunches Crab Walk 30 x leg throws Walking Lunges 40(total) x russian twists Inchworm Walk 30 x toe touches	Plank Combo - Work for :45, Rest for :30 Plank Hold, Step-up Planks, Side Planks, Thread the Needle Plank, Plank Hold, Straight Arm Push-up Time to work the core (Rest 1 minute between each): Straight leg Donkey Kicks (20 each leg), Bird Dog Crunch (20 each side), Fire Hydrants (20 each leg), Dead Bugs (2 x 20)
WARM-DOWN	Warm Down Kelli's Quick Cool Down and Stretch - Feel Good Stretching Routine for Morning or Night https://www.youtube.com/watch?v=XewzQ9MRDh8	Core/Yoga Warm Down Fundamentals I http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html	Warm-Down Kelli's Quick Cool Down and Stretch - Feel Good Stretching Routine for Morning or Night https://www.youtube.com/watch?v=XewzQ9MRDh8