

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WARM-UP	<b>Core Warm-Up</b> 5 Minute Warm Up: Abs & Core - Improve Shape, Mobility & Blood Flow!!  <a href="https://www.youtube.com/watch?v=auX4JdW-Ujl">https://www.youtube.com/watch?v=auX4JdW-Ujl</a>	<b>Shoulder Bands Warm-up</b> Coach Zac has bands at his house - shoot him a text/email if you want to swing by and grab one.	<b>Core Warm-Up</b> 5 Minute Warm Up: Abs & Core - Improve Shape, Mobility & Blood Flow!!  <a href="https://www.youtube.com/watch?v=auX4JdW-Ujl">https://www.youtube.com/watch?v=auX4JdW-Ujl</a>	<b>Should Bands Warm-up</b> Coach Zac has bands at his house - shoot him a text/email if you want to swing by and grab one.	<b>Core Warm-Up</b> 5 Minute Warm Up: Abs & Core - Improve Shape, Mobility & Blood Flow!!  <a href="https://www.youtube.com/watch?v=auX4JdW-Ujl">https://www.youtube.com/watch?v=auX4JdW-Ujl</a>	<b>Shoulder Bands Warm-up</b> Coach Zac has bands at his house - shoot him a text/email if you want to swing by and grab one.
TOTAL BODY	<b>Total Body Cardio</b> Brutal HIIT Ladder Workout - 20 Minute HIIT Workout at Home  <a href="https://www.youtube.com/watch?v=cZnsLVArIt8">https://www.youtube.com/watch?v=cZnsLVArIt8</a>	<b>Total Body Strength</b> 10 Minute No Equipment Upper Body Workout - Complete Upper Body Workout Without Weights  <a href="https://www.youtube.com/watch?v=HRvFxrFGqA4">https://www.youtube.com/watch?v=HRvFxrFGqA4</a>	<b>Total Body Cardio</b> Spartan 500 Workout - 500 Rep Workout Challenge by Fitness Blender  <a href="https://www.youtube.com/watch?v=L46d0OnbDuY">https://www.youtube.com/watch?v=L46d0OnbDuY</a>	<b>Total Body Strength</b> 10 Minute No Equipment Upper Body Workout - Complete Upper Body Workout Without Weights  <a href="https://www.youtube.com/watch?v=HRvFxrFGqA4">https://www.youtube.com/watch?v=HRvFxrFGqA4</a>	<b>Total Body Cardio</b> Brutal HIIT Ladder Workout - 20 Minute HIIT Workout at Home  <a href="https://www.youtube.com/watch?v=cZnsLVArIt8">https://www.youtube.com/watch?v=cZnsLVArIt8</a>	<b>Core/Yoga Mobility</b> Upper Body Mobility I  <a href="http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html">http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html</a>
WARM-DOWN	<b>Warm Down</b> Kelli's Quick Cool Down and Stretch - Feel Good Stretching Routine for Morning or Night  <a href="https://www.youtube.com/watch?v=XewzQ9MRDh8">https://www.youtube.com/watch?v=XewzQ9MRDh8</a>	<b>Core/Yoga Warm Down</b> Fundamentals I  <a href="http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html">http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html</a>	<b>Warm-Down</b> Kelli's Quick Cool Down and Stretch - Feel Good Stretching Routine for Morning or Night  <a href="https://www.youtube.com/watch?v=XewzQ9MRDh8">https://www.youtube.com/watch?v=XewzQ9MRDh8</a>	<b>Core/Yoga Warm Down</b> Fundamentals I  <a href="http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html">http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html</a>	<b>Warm Down</b> Kelli's Quick Cool Down and Stretch - Feel Good Stretching Routine for Morning or Night  <a href="https://www.youtube.com/watch?v=XewzQ9MRDh8">https://www.youtube.com/watch?v=XewzQ9MRDh8</a>	Lower Body Mobility I  <a href="http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html">http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html</a>