

First you want to warm up

5-10 minutes

Marching in place, Boxing with your arms

IF you can't lay on your stomach then you can do the movement leaning over holding onto a secure table or chair

YOU SHOULD NOT HAVE PAIN WHEN DOING THESE, IF YOU DO STOP

YOU MAY HAVE SORENESS AFTER then exercises but it should go away in 24-48 hours that is normal (DOMS-delayed, onset muscle soreness-just like practice)

3 Rounds

- Forward Flexion:
Raise your arms forward as high as you can like in a streamline position
No holds do 30 times (or if you want to time it is 1 min)
- T's
Raise your arms sideways like the letter T
No holds do 30 times (or if you want to time it is 1 min)
- Extension
Raise arms backwards palms up
No holds do 30 times (or if you want to time it is 1 min)
- Snow angel on stomach
Raise arms palms down
No holds do 10 times (or if you want to time it is 1 min)

CORE work

Plank on elbows (STOMACH)

Hold Goal is 1 min (60 sec)

(if you can't hold for a min you can do 10 sec x 6 OR 15 sec x 4 OR 20 sec x 3)

(If you can't go on Toes, then prop on your knees)

Plank on side

Goal is 1 min (60 sec)

Back stroke kicking

30 sec: rest 15 sec do 4-8 rounds

Main Set:

Swimming exercises

Do fast but keep your trunk stable

8 Rounds

1 min (60 sec) rest 10 sec (you may take longer rest if you need to)

Warm down 5 minutes or longer

Ez stretching, arm swings

Marching, walking, boxing