

## **SET Water Polo Club**

### *At Home Workouts*

#### Dryland Workout #1

##### Warm up

- 10 min run
- 5 mins dynamic movements

##### Core Work - repeat 2 times through

- Dead bug 3 mins - 30 on 30 move 30 rest, 30 on 30 move, 30 rest
- Ab series - 10 overhead crunch, 15 big littles, 25 russian twist
- Leg lifts 3 mins - 30 up 30 flutter kick 30 rest, 30 up 30 scissor kick 30 rest
- V-Ups - 1 x 15 - V-Ups, 2 x 10 side V-Ups (each side)

##### Legs & Arms - if you have weights you can add to this - do 1 round of each & repeat

- 4 x 20 goblet squats (less reps if have weight)
- 4 x 10 Negative push ups
- 4 x 10e step ups
- 4 x 10 burpees w/ push up & jump out
- 4 x 10 split lunges
- 4 x 8-10 Pull ups or supine rows ( can do negatives)

