

## **SET Water Polo Club**

### *At Home Workouts*

#### Dryland Workout #3

##### Warm up

- 50 jumping jacks
- dynamic stretch

##### Workout - take 60 seconds of rest in between

- 3 Sets of Push ups to row to failure
- 3 sets of 10 goblet squats
- 3 sets of decline push ups to failure
- 3 sets of 10 split lunges
- 3 set of chair/ coach dips to failure
- 3 sets of 1 minute plank
- 3 sets of lateral lunges
- 3 sets of 15 hips raises

