

SET Water Polo Club

At Home Workouts

Dryland Workout #2

Warm up

- 5 minute walk

Cardio

- 2 mile run for time

Circuit - :30 on :15 off repeat each below for 3 rounds - 1 minute rest between rounds

- side plank reach through both sides
- squat jumps
- mountain climber + push up
- jump lunges
- jumping jacks

Stretch

