

SET Water Polo Club

At Home Workouts

Dryland Workout #4

Warm Up/Cardio

- 1/2 mile warm up walk, 2 mile run

Core Work - 4 Rounds - 30 on 15 off

- Dead bug
- Dead bug alt movements
- Plank
- Plank w/ adduction
- Superman
- Superman w/ arms & legs moving

Body Weight - 4 Rounds

- Push ups - 25
- Squat jumps - 20
- Burpees - 15
- Jump lunges - 10

