

When pool is closed

Warm up

Exercise	Reps
Jumping Jacks	30
Half squats	45
Shoulder rotations	10
90-degree elbows / shoulder	
Rotation on the wall	10
Open angle of legs and touch	
One foot with opposite arm	10 each
Leg swings from to back	10 each leg
Leg swings side to side	10 each leg
Scapular wall slides	10
Scapular push-ups	10
Windmill mobility maneuver	5 each side
Wrists circles	20 total

Endurance

2 rounds

Push-ups - 10 to 20
Low plank to high plank - 20 total
L sit or V up hold - 10 to 20 seconds
One leg squat to a chair - 5 each leg
Squats - 10 squats

2 rounds

Hand stand push-ups facing wall or L push-ups on chair - 7
Knee to elbow push-ups - 8 total
Mountain climbers - 50 total

Plyometrics

1 round - (Optional 2 rounds)

Squat jumps - 10
Clapping push-ups - or hand release push-ups - 5 to 10
Burpees high knees - 5 to 10
Alternating jumping lunges - 16 total

Stretch

*Everything with diaphragmatic breathing

- Seated shoulder stretches (sides, up, down) 4 deep breaths each
- Wide angle seated forward bend. 5 deep breaths
- Open book pose. 4 breaths each side
- Knees to chest pose. 5 deep breaths
- Right knee over left knee and pull the knee to chest. 4 breaths each side
- Childs pose. 5 deep breaths
- Extended puppy pose. 5 deep breaths
- Sphinx or cobra. 5 deep breaths
- Mariachi's pose. 4 breaths each side
- Breaststroker hip mobility. 20 reps
- Low Lounge. 4 breaths each side
- Low lounge + elbows to floor. 4 breaths each side
- Half frog pose. 4 breaths each side
- Downward dog to cobra. 5 reps
- Praying pose. 5 breaths