

This is a 5 day workout routine. You will need stretch bands. If you don't know what an exercise with bands is go back to the minute in the stretch bands videos that corresponds:

Stretch bands video

<https://youtu.be/J6b-xSISXTI>

00:00 - Intro
00:25 - Clean
00:34 - Back flies
00:47 - Shrugs
01:00 - Flutter kick
01:10 - Breaststroke kick
01:17 - Backstroke cross pull
01:30 - Side fold
01:37 - Front kick
01:43 - Cross leg pull
01:50 - High elbow pull
02:01 - Shoulder ext. rotation
02:09 - Body core rotation
02:19 - Overhead pull
02:30 - Overhead butterfly pull
02:36 - Chest push
02:45 - Tricep extensions
02:51 - Bicep curls
03:00 - Outro

Day 1.

20 Arm circles

Increase resistance on each round
6 x (10 Clean with stretch bands)

50 Squats without weight
50 Lunges (25 each leg)

2 round of:
20 Back flies with bands
20 Shoulder shrugs with bands

Optional
Do these two follow along videos:
<https://youtu.be/gy1kszSBwAY>
<https://youtu.be/6jX1PUY1M-8>

Day 2.

3 round of:
30 Jumping jacks
30 Flutter kick with bands
10 Breaststroke kick with bands

2 round of:
20 Backstroke cross pull with bands (15 each side)
30 Side folds with bands (20 each side)
15 Push ups

Optional
Do these two follow along videos:
<https://youtu.be/h-OSzUd2NS4>
https://youtu.be/bU_2Wdgt8to

Day 3.

Skills NT warm up:

<https://www.youtube.com/watch?v=tsneJbHM8IM>

60 Front kick standing with bands (30 each side)

40 Cross leg pull with bands (20 each side)

4 round of:

20 High elbow pulls with bands (10 each side)

20 Shoulder external rotations with bands (10 each side)

20 Body core rotation with bands (10 each side)

Optional

Do these two follow along videos:

<https://youtu.be/gudMqc6odsw>

https://youtu.be/wBRt8_qTYu8

Day 4.

50 Mountain climbers

30 Arm circles

4 round of:

20 Overhead pull with bands (10 each side)

20 Overhead butterfly pull with bands

20 Chest push with bands

10 Tricep extensions with bands

20 Bicep extensions with bands

Optional

Do these two follow along videos:

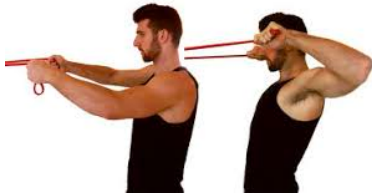
<https://youtu.be/1gecW7zGkYY>

<https://youtu.be/0AZICQa-kFU>

Day 5.

4 round of:

- 20 Jumping jacks
- 20 Squats
- 20 Cleans with bands
- 20 Push ups
- 20 High elbow pull with bands
- 20 Lounges (10 each side)
- 20 Face pulls with bands (see image below)



Optional

Do this follow along video:

<https://youtu.be/HoUAynXV4Tk>