

Pool Season Blitz

Don't be afraid to modify this workout to suit your desire for post-workout soreness and sweat! Beginners, perform these exercises one at a time. Intermediates, it is ok to superset each exercise to save time. Advanced, for a more intense workout, perform the resistance portion as a circuit with no rest.

WARM-UP	Sets	Reps	Time
Self myofascial release			
Calves	2		30s
IT-Band	2		30s
Lats	2		30s
Dynamic stretching			
Prisoner Squat	2	15	
Ball Cobra	2	15	

CORE, BALANCE, SAQ, and PLYOMETRIC	Sets	Reps	Tempo	Rest
Stability Ball Crunch	2	15		0
Stability Ball Bridge	2	15		0
Plank	2	15s		0

RESISTANCE	Sets	Reps	Tempo	Rest	
Total Body	Step-up → Balance → Curl → Overhead Dumbbell Press	3	20	Controlled	1 min
Chest	Push-up with Rotation	3	12	Controlled	1 min
Back	Cable Row	3	12	Controlled	1 min
Shoulders	Seated Shoulder Press	3	12	Controlled	1 min
Biceps	Standing EZ-bar Curl	3	12	Controlled	1 min
Triceps	Standing Tricep Extensions	3	2	Controlled	1 min
Legs	Walking Dumbbell Lunges	3	24	Controlled	1 min

COOL DOWN
Treadmill 10min Self-myofascial Release (same as warm-up) Static Stretch

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