THEME: DIVING

REPETITION LEVELS:
- Warm: 1–3 sets
- Hot: 5 sets
- Sizzling: 7 sets

**MONDAY**

- **WARM UP**
  - 30 seconds each
  - Jumping Jacks
  - Torso Twist
  - High Knees
  - Butt Kicks

- **MAIN SET**
  - 30 Alternating Oblique Twists
  - 30 Second Plank
  - 15 V-sits
  - 30 Mountain Climbers
  - 30 Russian Twists
  - 45 Second Plank

**TUESDAY**

- **WARM UP**
  - 30 seconds each
  - Halfjacks
  - Arm Circles
  - Jogging-shuffle
  - Chest Extensions

- **MAIN SET**
  - 20 Tricep Dips
  - 20 Jabs
  - 20 Shoulder Taps
  - 20 Renegade Pushups
  - 20 Overhead Presses
  - 20 Inch Worms

**WEDNESDAY**

- **WARM UP**
  - 30 seconds each
  - Arm Circles
  - Inchworms
  - Shoulder Rolls
  - Jump Rope
  (Or Air Jump Rope)

- **MAIN SET**
  - 20 Overhead Presses
  - 20 Bicep Curls
  - 20 Bent Over Rows
  - 15 Rotator Raises
  - 15 Tricep Kickbacks
  - 20 Push Ups

REST 1–2 MINUTES IN BETWEEN SETS.
THEME: DIVING

REPETITION LEVELS:
- Warm: 1–3 sets
- Hot: 5 sets
- Sizzling: 7 sets

THURSDAY

WARM UP
30 seconds each
• Jumping Jacks
• High Knees
• Running In Place
• Rear Kicks

MAIN SET
• 10 Pushups
• 20 Mountain Climbers
• 20 Front Lunges
• 15 Squats
• 20 Reverse Lunges
• 15 Jump Squats
• 20 Side-to-side Lunges
• 20 Glute Bridges

REST 1–2 MINUTES IN BETWEEN SETS.

FRIDAY

WARM UP
30 seconds each
• Air Jump Rope In Place
• Grapevines
• Inchworms
• Burpees

MAIN SET
• 20 Triceps Dips
• Your Choice Upper Body Exercise
• 20 Plank Rotations
• Your Choice Core Exercise
• 20 Mountain Climbers
• Your Choice Leg Exercise
• 20 Burpees
• Your Choice Exercise

We’re pulling it all together! We’ve worked on specific locations all week—now let’s put it all to good use. You will also get to choose a few of your own sets (review core and leg exercises to choose from).
WORKOUT OF THE WEEK

YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: DIVING

DON’T FORGET TO STRETCH!
Below is a stretch routine to incorporate into your workouts.

- QUADRICEPS STRETCH
- HAMSTRING STRETCH
- HIP FLEXOR STRETCH
- BUTTERFLY STRETCH
- SHOULDER STRETCH