

Conditioning circuit

3x through

Start on 1 meter side of the pool.

Do 20 pike ups

Swim to the 3 meter side of the pool

Get out and do 20 squats

walking lunges to the towers

Bunny hop up the towers hitting each step walk down

Walking lunges to panel mats

20 tuck ups on panel mats

walking lunges to big blue mats (dryboard mats)

10 front flip tucks and 10 back flip tucks on blue mats

STRETCH AFTER 3X through

Conditioning Circuit 2

3x through

- Start on 1 meter side of the pool.
- Tread water holding med ball for 1 minute
- Swim to the 3 meter side of the pool
- Do 15 dips in the water on the side of the pool
- Get out and do 15 burpies (with push up)
- Swim back to 1 meter side doing backwards dolphin
- Get out and hold a plank for 1 minute with hands on med ball
- Swim to 3 meter side of the pool
- Get out and do 20 sumo squat jumps
- Swim back to 1 meter side doing backwards dolphin
- Get out hollow hold med ball throw for 1 minute
- STRETCH AFTER 3X through

Conditioning Circuit 3

2x through

- Start at stall bars
 - 10 hanging leg lifts FAST
 - bunny hop to big blue mats (including up the stairs)
 - 202c FAST 10x (Group C 102c)
 - squat 102c to feet FAST 5x
 - Walking lunge to panel mats
 - 20 pike ups with arms over head touch toes straight legs
 - swim to 3 meter side of the pool
 - hang over side of the wall legs in the water on belly leg lifts 20x
 - squat jumps (broad jumps are fine) to towers
 - Run up tower stairs
 - 10 handstand push ups on 10 meter (use the wall or partner)
 - walk down or jump down
 - walking lunges to panel mats
 - hold plank for 1 minute
 - bunny hop to stall bars
-
- STRETCH AFTER 2X through

Conditioning Circuit 4

4x through

- 202 c or b blue mat 10x
 - walking lunges to stairs
 - squat jumps every step to the top
 - 15 sumo squat jumps
 - walk or jump down
 - walking lunges to stall bars
 - 10 hanging pike ups FAST
 - walking lunges to blue mat
-
- STRETCH AFTER 4X through

Conditioning Circuit 5

6x through

- 10 pike ups
 - 10 superman
 - tread water holding med ball above head in the water 1 minute
 - swim as fast as you can across the pool
 - 10 dips
 - 10 laying on belly legs in water leg raises
 - swim as fast as you can across the pool
-
- STRETCH AFTER 4X through

Conditioning Circuit 6

6x through

- 5 front flips off the side of the pool
 - swim as fast as you can across the pool
 - 5 back flips off the side of the pool
 - swim as fast as you can across the pool
 - 15 squat jumps
 - swim as fast as you can across the pool
 - 15 dips
 - swim as fast as you can across the pool
-
- STRETCH AFTER 6X through