

TIGER AQUATICS

SENIOR MAKEUP WORKOUT

Strength Circuit

ABS / CORE / SHOULDER REHAB

Complete our regular ABS, Core, and Shoulder Strength routines / Complete 3 cycles of the following Strength Circuit / Substitute Mountain Climbers for Pullups when not available / Substitute choice heavy object for Med Ball when not available

Pushups

:40 Pushups / :20 Break

(First Cycle - Arms Wide “Cross Fit”)

(Second Cycle – Diamonds / Third Cycle - Choice)

:40 Med Ball Squats / :20 Break

:40 Pushups - Regular “Cross Fit”/ **:50 Break**

Pullups

:40 Pullups / :20 Break

(First Cycle - Arms Wide / Second Cycle - Arms Close)

(Third Cycle - Choice)

:40 Alternating Leg Lunges / :20 Break

(First Cycle - Forwards / Second Cycle - Sideways)

(Third Cycle - Choice)

:40 Pullups - Regular Width / **:50 Break**