

## BODY WEIGHT - SWIM n CORE - 30 MIN

### WORKOUT SETS - CLICK MOVEMENT TITLE FOR EXAMPLE VIDEO LINK

<u>WARM UP</u>	<u>REPS</u>
Easy Warm Up Jog or Jump Rope or Jumping Jacks, etc	5 min
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1 per side

<u>MAIN SET ** 2 times through for entire workout **</u>	<u>REPS</u>
--	-------------

[CLICK HERE TO WATCH](#) <-- Video Description of Workout

#### PUSH UPS

Rest 1 min



3 x 10

#### REVERSE LUNGE WITH KNEE DRIVE

Begin standing tall, feet hip width apart. Extend your right leg back behind you and lower into a lunge on your front leg. Now engage your glutes and push back to standing, but, instead of returning your foot to the floor, drive your knee in toward your chest. This knee drive should take a two second count on the raise and lower; don't try to drive the knee too quickly. Return to your starting position and repeat on the other leg.

Rest 1 min

3 x 10 per leg



#### DEAD BUG

Begin lying on the floor on your back. Engaging your abs, raise your legs off the floor at a 90-degree angle. Now, extend and lower your right leg until it's just a few inches off the floor, while simultaneously raising your left arm over your head. Hold for a 2-second count. Now, bring your extended leg and arm back to the starting position and repeat on the other side.

Rest 1 min

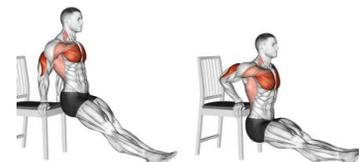
3 x 10 each side



#### TRICEP DIPS

Position your hands shoulder-width apart on a secured bench or stable chair. Slide your butt off the front of the bench with your legs extended out in front of you. Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints. Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench. Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position. This completes one rep. Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.

3 x 10



#### BENT OVER ROWS WITH TOWEL

To do the Bent Over Towel or Band Row, hold a towel or band with both hands. For the towel hold about shoulder-width apart and pull out to create tension. With the band, hold in a bit closer then pull out to create tension so your hands are about shoulder-width apart. You can use a variety of grips (with your palms facing away or toward you). Holding the band or towel straight down in front of you, bend your knees slightly and hinge over, pushing your butt back while keeping your back flat. Then row the band/towel up to your chest, driving your elbows down and back toward the ceiling. Do not curl your forearms up toward your chest as you row or turn this to turn into a bicep curl. Make sure you feel your back pulling the band or towel up and not simply your arms curling the towel/band in. Also, make sure your back doesn't round and you keep your chest pressed out. Then straighten your arms back out to the ground. Keep tension in your back and your back flat as you lower. Do not use your legs to lift and lower or let tension loosen on the band or towel. Make sure consistently pull outward to create tension between your hands. Keep your core tight and your back still and flat as you row. You should not feel this move in your low back. If you do, you may be arching your back or you may need to bend your knees a bit. Make sure to really feel your upper back rowing each time you drive your elbows back!

3 x 10



copyright Set The Pace Media Marketing LLC 2018

### COOL DOWN

Easy Cool Down Jog / walk / jump rope / jumping jacks	5 min
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1 per side

[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!