

**SWEAT & GET WET (INTERMEDIATE CLASS)***WARM UP PHASE*

Seated on heels both arms circle dragging fingers in water, palms touch to child pose roll up. Repeat 5x

Forearm plank heel rocks 30secs

Drop left knee to board & paddle right foot 10x, repeat other side

2nd round keep knee off, 10x both sides

Plank rocks for 30secs

Standing rocks 30secs

Parallel calf raises 15x

High knees/running 30secs

Turned out calf raises 15x

Scissor lunges 30secs

Squat jumps 3x front, ¼ turn 3x each direction, ½ turn 3 back, 3 front, end with ¼ turn to right side.

Standing to tabletop burpee variation 10x

Kneeling table top leg raises right side 10x

Lateral leg sweeps, Repeat left side

Figure 8 right arm 30secs, right elbow to left knee

repeat other side

Float pull ups 10x, Eggbeaters 30secs

Float tricep dips, Eggbeaters 30secs other direction

Transition to hips then seated flutter kicks heels in water 30 secs, Leg circles dip heels 30 secs, repeat 2x and reverse the direction of circles

Squat jumps counterclockwise 5 in each direction to bring you back to front

Transition to belly surf paddle 1min

Surfer Popups 10x

Transition to back hold loops leg extensions 10x, Stomp the sky 10x, Windshield wipers 10x, Air walking 10x

*COOL DOWN PHASE*

Hug knees to chest

Supine twist

Savasana