

SURFS UP level II**Playlist: High Tide & Bumpin***WARM UP PHASE (in hero)*

Arm circle > child pose 5x
 Forearm plank rocks fore/back 30secs
 Drop knee 1 legged paddles 10x
 :|| Other side
 :|| Second round full plank 1leg paddle
 Plank white water 30secs

EFFORT PHASE (standing face front)

Right side step back lunges 10x
 Parallel feet calf raises 10x
 Squat white water 30secs
 Left side step back lunges 10x
 Turnout toes calf raises 10x
 Squat white water 30secs
 Parallel in squat lift right heel 15secs
 :|| Other heel 15sec
 Scissor lunges 30secs

Side facing tabletop burpee 30secs
 Table top leg lift right side 10x
 Bent knee foot press 10x
 Tabletop burpees 30secs
 Lateral leg sweeps toes in 10x
 Knee to elbow 10x
 Tabletop burpees 30secs

High>low boat facing side 10x
 Flutter kicks 30secs
 Leg circles 1 direction 15secs
 :|| Other direction 15secs
 Flutter kicks 30secs

Squat jumps 10x
 ¼ Turn squat jumps to face other side
 Squat jumps 10x
 ¼ Turn squat jumps to face other side
 Jumping jacks 10x
 ¼ Turn squat jumps to face other side
 Changements 10x

On back in water side facing
 Aqua crunches 10x
 Oblique reaches 30secs
 Aqua crunches 10x
 Oblique reaches 30secs

COOL DOWN PHASE (on back face forward)

Bridge > figure 4 > deep glute stretch
 Waterfall
 :|| Other side
 Knees to chest
 Savasana