

Tavistock Swimming Club – Pre-pool warmup

60 Seconds

- 20s jog on spot
- 10s high knees
- 10s heel flicks
- 20s Star jumps clap at the top

6 x SL Squat Jumps

5x Lunge and twist on each side (10 in total)

4x Downward Dog

3x Thread the needle (6 total, 3 each side)

2x Upper body pendulum (4 total, 2 each side)

