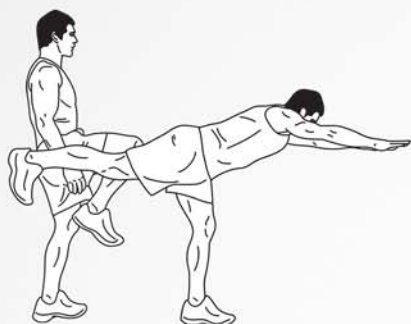


DRYLAND

DAREBEE WORKOUT FOR SWIMMERS @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



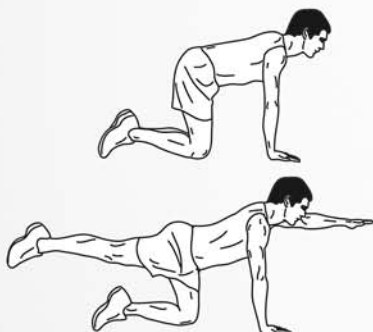
12 balance stretch



6 upward dogs



6 staggered push-ups



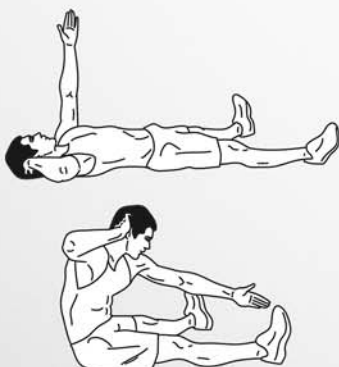
12 bird dogs



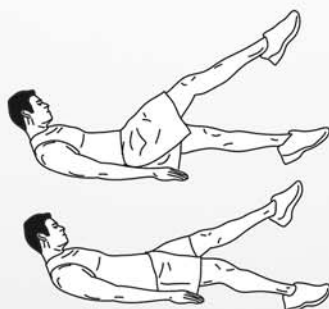
12 plank rotations



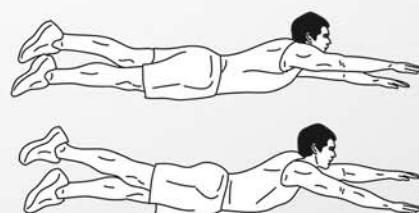
6 bridges



6 cross reach sit-ups



12 flutter kicks



12 swimmers