

Table 1

GoSwim Dryland:							LINK
Pre-Work:							<a href="https://gosw.im/3elv4VH">https://gosw.im/3elv4VH</a>
Movements:	Sets:	Reps:					
Cat/Cows	2x	10					<a href="https://gosw.im/3err5Hd">https://gosw.im/3err5Hd</a>
1/2Kneeling Add. Mob.	2x	8e					<a href="https://gosw.im/2TAF05v">https://gosw.im/2TAF05v</a>
World's Greatest Stretch	2x	5e					<a href="https://gosw.im/2ZAmzlg">https://gosw.im/2ZAmzlg</a>
Side-Lying Abduction	2x	15e					<a href="https://gosw.im/2TBUWo2">https://gosw.im/2TBUWo2</a>
Side-Lying Adduction	2x	15e					<a href="https://gosw.im/3eggmPK">https://gosw.im/3eggmPK</a>
Deadbugs	2x	12e					<a href="https://gosw.im/2Zwwh8d">https://gosw.im/2Zwwh8d</a>
Side Planks	2x	15-20s e					<a href="https://gosw.im/3eg9nGp">https://gosw.im/3eg9nGp</a>
Dynamic Blackburns	2x	10					<a href="https://gosw.im/2AXYril">https://gosw.im/2AXYril</a>
Day 1 Workout							
Movements:	Wk1:	Wk2:	Wk3:	Wk4:	Wk5:	Wk6:	
Rudiment Forward Jumps	2x3	2x4	3x3	3x4	3x4	2x3	<a href="https://gosw.im/2XsrXnQ">https://gosw.im/2XsrXnQ</a>
Forward/Backward Duck Walks	2x8 each	2x10 each	3x8 each	3x10 each	3x10 each	2x8 each	<a href="https://gosw.im/3egAzow">https://gosw.im/3egAzow</a>
Bodyweight Squats	2x10	3x10	3x12-15	3x15	3x15	2x10	<a href="https://gosw.im/2TAbZXC">https://gosw.im/2TAbZXC</a>
Towel Pull-Ups	2x5	3x5	3x5-8	3x6-8	3x6-8	2x5	<a href="https://gosw.im/2Xut8TI">https://gosw.im/2Xut8TI</a>
Push-Ups	2x8	3x8	3x8-10	3x10-12	3x10-12	2x8	<a href="https://gosw.im/2ZylhpK">https://gosw.im/2ZylhpK</a>
SL RDL	2x8e	3x8e	3x10e	3x10e	3x12e	2x8e	<a href="https://gosw.im/2TwNzOD">https://gosw.im/2TwNzOD</a>
Bodyweight Messier Squats	2x10e	3x10e	3x12e	3x12e	3x15e	2x10e	<a href="https://gosw.im/3gpkQ8D">https://gosw.im/3gpkQ8D</a>
Prone T's	2x15	3x15	3x15	3x20	3x20	2x15	<a href="https://gosw.im/2Xu4D9v">https://gosw.im/2Xu4D9v</a>
Shoulder CARs (Controlled Articular Rotations)	2x5e	3x5e	3x5e	3x5e	3x5e	2x5e	<a href="https://gosw.im/2zqNmWA">https://gosw.im/2zqNmWA</a>
Split Squat Iso	x30s each	x30s each	x45s each	x45s each	x60s each	x30-45s each	<a href="https://gosw.im/2Tz9xAN">https://gosw.im/2Tz9xAN</a>
Day 2 Workout							
Movements:	Wk1:	Wk2:	Wk3:	Wk4:	Wk5:	Wk6:	
Pogo Hops	2x8	2x10	3x10	3x10	3x12-15	2x10	<a href="https://gosw.im/3edYuor">https://gosw.im/3edYuor</a>
Quadruped Hip Series: Fire Hydrants/ Fwd.&Bwd. Hurdles	2x8 each	2x10 each	3x8 each	3x10 each	3x10 each	2x10 each	<a href="https://gosw.im/2ZDXpT3">https://gosw.im/2ZDXpT3</a>
Bodyweight Squats (Iso+Reps)	2x10s+6	3x10s+8	3x10s+8	3x15s+10	3x20s+10	2x15s+8	<a href="https://gosw.im/2zum5T0">https://gosw.im/2zum5T0</a>

Towel Inverted Rows (Iso+Reps)	2x10s+5	3x10s+5	3x10s+8	3x10s+10	3x15s+10	2x15s+6	<a href="https://gosw.im/2ziz8ap">https://gosw.im/2ziz8ap</a>
Hip Lift Iso (Heel Drive)	2x20s	3x20s	3x30s	3x30s	3x30-45s	2x30s	<a href="https://gosw.im/3gkV19F">https://gosw.im/3gkV19F</a>
Offset Push-Up (Iso+Reps)	2x10s+5e	3x10s+5e	3x10s+6e	3x10s+8e	3x10s+10e	2x10s+8e	<a href="https://gosw.im/3gkV19F">https://gosw.im/3gkV19F</a>
SL Squat + Towel Rows	2x5e	3x8e	3x10e	3x10e	3x12e	2x10e	<a href="https://gosw.im/2ZzePjI">https://gosw.im/2ZzePjI</a>
Prone OH Towel Pulls	2x12s	3x15s	3x20s	3x20s	3x20-30s	2x15s	<a href="https://gosw.im/3gjXfGc">https://gosw.im/3gjXfGc</a>
OH Broomstick Scaps.	2x10	3x10	3x10	3x10	3x10	2x12	<a href="https://gosw.im/3ghzoab">https://gosw.im/3ghzoab</a>
Lateral Lunge Iso	x20s e	x30s e	x45s e	x45s e	x60s e	x30-45s e	<a href="https://gosw.im/3gfd9Sa">https://gosw.im/3gfd9Sa</a>
<b>Day 3 Workout</b>							
<b>Movements:</b>	<b>Wk1:</b>	<b>Wk2:</b>	<b>Wk3:</b>	<b>Wk4:</b>	<b>Wk5:</b>	<b>Wk6:</b>	
Squat Jumps (2ct)	2x5	2x8	3x6-8	3x8-10	3x10	2x8	<a href="https://gosw.im/2ZznLWi">https://gosw.im/2ZznLWi</a>
Starter Squats	2x8e	3x8e	3x10e	3x10e	3x12e	2x8e	<a href="https://gosw.im/2Xq7NLh">https://gosw.im/2Xq7NLh</a>
Rear-Foot Elevated Split Squats	2x10e	3x10e	3x12-15e	3x15e	3x15e	2x10e	<a href="https://gosw.im/3e92UwO">https://gosw.im/3e92UwO</a>
Towel Chin-Ups	2x5	3x5	3x5-8	3x8	3x8-10	2x6	<a href="https://gosw.im/2ZJGKgX">https://gosw.im/2ZJGKgX</a>
Wall Hamstring Walks	2x4	3x5	3x5	3x6-8	3x6-8	2x6	<a href="https://gosw.im/3ehU3c6">https://gosw.im/3ehU3c6</a>
Seated Chair or Couch Dips	2x8	3x8	3x8	3x10	3x10	2x8	<a href="https://gosw.im/2zoYnHO">https://gosw.im/2zoYnHO</a>
OH Broomstick Transverse Lunge	2x7e	3x7e	3x8e	3x10e	3x10e	2x10e	<a href="https://gosw.im/2TB1chh">https://gosw.im/2TB1chh</a>
Prone T's & A's	2x10e	3x10e	3x12e	3x15e	3x15e	2x12e	<a href="https://gosw.im/2Xu4D9v">https://gosw.im/2Xu4D9v</a>
SL RDL Iso	x15s e	x20s e	x20s e	x30s e	x30s e	x20s e	<a href="https://gosw.im/2TDgPUe">https://gosw.im/2TDgPUe</a>