

WU-to-swim DL routine: approx.. 25 sec ea, continuous approx.. 10 min. total

- 1-high knee                    2-butt kick                    3-forward skip
- 4-backward skip            5-cariocas (2x)            6-tall skips
- 7-quad pull w/oppos arm reach            8-scoops
- 9-knee hugs                10-fig4 squat sits            11-partner split squat pogos
- 12-neck circles            13-shoulder rolls
- 14-windmills (wide stance, straight arms and legs oppos toe touches)
- 15-leg swings (fwd-bwd 5 short squeezes then bigger ones, 5 ea) – side-to-side leg swings
- 16-armswings (5 ea fwd-bwd)                    17-Michael Phelps armswings
- 18-World's greatest stretch (5 ea. R leg in lunge, L hand supporting on ground, R arm reach upper left chest, then pull it back and reach to sky w/full uppr rotation)
- 19-high plank into downward dog calf pumps, into upwd facing dog
- 20-child's pose arms extended fwd (shift to L,R)
- 21-cat/cows                22-chest stretch