Ready S.E.T. Go! (Aqua S.E.T. #1) with Stephanie Thielen

Warm Up: 10 minutes
- Acclimation: Short Lever Legs and Arm Patterns
- Dynamic: Knees, Kicks, Jacks, Skis, Pendulum Swings

SET Prep: 3 minutes
- Arms: Elbow Flexion/Extension; Shoulder Flexion/Extension; Shoulder Abduction; Shoulder Transverse Adduction; Shoulder Transverse Abduction; Shoulder Adduction
- Legs: Hip Flexion/Extension; Hip Abduction/Adduction; Hip Hyperextension/Extension; Circumduction
- Cardio: Running

SET Format: 25-27 minutes
Chest Strength: Chest Fly Slow | Alternating Chest Circle Quick
Chest Drill: Chest Press w/ Lateral Hops | Alternating Palm Punches with Knee Lifts

Leg Strength: Short Lever Glute Squeeze | Front Leg Circle
Leg Drill: Repeater 3 Back Kicks + 1 Front Kicks | Repeater Leg Extension

Triceps Strength: Triceps Pressdown | Triceps Palm Scoops
Triceps Drill: Triceps Pressdown w/ Tuck Tuck | Long Lever Arms w/ Cross Country Ski

Back Strength: Reverse Fly Slow | Reverse Circle Quick
Back Drill: Reverse Fly w/ Jump Forward/Run Back | “Squeeze the Ball” w/ Triple Hamstrings

Leg Strength: Hip Adduction Close | Hip Adductor Circle
Leg Drill: Ballet | Front Hopscotch LT

Biceps Strength: Biceps Curl | Biceps Palm Scoops
Biceps Drill: Biceps Curl w/ Moguls | Transverse Biceps w/ Wide Jog

Core Strength: SS Standing Diagonal Knee | SS Lateral Flexion
Core Drill: Standing Twist | Level II Moguls

Cooldown Stretch: 5 minutes

Questions? Contact Stephanie: estephanie9@hotmail.com