Hi Aquatics Community!

It’s time to share our latest swim workout! 

**Dryland Workouts**

Today’s workout is a combination of strength and agility training, designed to improve your overall performance in the pool. We’ve included a mix of exercises to target different muscle groups and help you build power and endurance.

**Workout Details:**
- Complete 1-3 sets with 3-minute rest between sets.

**Exercise List:**
- 1-Legged Hip Thrust (1 min per leg)
- Shoulder + Toe Taps (1 min)
- Squat Jacks (30 secs)
- Pulse Press-Ups (30 secs)
- Squat Kicks (1 min)
- Twisties (active rest)
- Rainbows (active rest)

**Tips for HIIT Workouts:**
- This workout is meant to be fast and intense but it has amazing outcomes!
- On the active rests, try to maintain a stable breath and use this time to prepare your legs for the next circuit of exercises.
- Each circuit has 2 exercises, so try to power through each one and then you get an active rest that will always be an ab exercise.
- All the exercises today are on a timed interval so try to get as many reps as possible (AMRAP) for each exercise.

**Tips for Swimming:**
- This workout is meant to be fast and intense but it has amazing outcomes!
- We got this!!
- Rest 3 minutes before starting your next set.

**Training Goals:**
- 1. Legs
- 2. Upper body
- 3. Full body

Today, we will be focusing on building explosive power throughout our entire body! This includes bettering our pulls, kicks, dives, push-offs, flip turns, and swimming it in competition. And she brings that same excitement to practices.

**Reminder:** If you would like to be featured in our newsletter or nominate a friend, fill out this form usfaquatics@gmail.com. We would love to see your smiling faces as well! You can send a picture in by emailing usfaquatics@gmail.com. We got this!!

**Riddles of the Week**

**Question:**
- What didn’t the turkey finish its dessert?

**Answer:** Because it was stuffed with some turkey shaped pancakes!

**Books of the Week**

Here are the answers from last week:

- Green Team Amanda Keene is our swimmer of the week! She would always cheer for her teammates. Congratulations Amanda!” - Coach Kathleen
- “anything is possible. anything can be.”
- “she improved her butterfly, and even got to the point where she enjoyed swimming it in competition. And she brings that same excitement to practices.”
- “she worked hard to master the techniques she was taught, and as a result made great improvement in all her strokes. It was especially exciting to see how much she improved her butterfly, and even got to the point where she enjoyed swimming it in competition.”
- “Amanda always gave her best in practice, working hard to improve all her strokes (especially butterfly!), and was always friendly and fun to be around. Amanda always gave her best in practice, working hard to improve all her strokes (especially butterfly!).”
- “we got this!!
- “she was always kind and enthusiastic, even on days when she was tired, she was always kind and enthusiastic, even on days when she was tired.”
- “Her favorite book is Throne of Glass and she likes orca whales. She has been busy outdoors during shelter in place by biking and swimming in the bay. Amanda's favorite vacation was to the Philippines because of the amazingly clear water she got to swim in! She also loves Tokyo because of all the good food there!”
- “Amanda loves mango ice cream and her favorite swim event is either 100 butterfly or 200 freestyle!”

**For More:**
- Check out this DIY leaf craft! You can use these to decorate or get in the fall spirit!
- Craft with some turkey shaped pancakes!
- Start your breakfast right with some turkey shaped pancakes!
- Go all around the world, but never forget to save some turkey shaped pancakes!
- The California Academy of Sciences is now open! Spend the day exploring their new exhibit, Venom!
- "Anything is possible. Anything can be." - Shel Silverstein

Have a great week ahead!

Koret (@usfkoret) on Instagram

Follow us on Instagram!