April 19, 2021

KYSC COACH WORKOUTS

If you have access to a pool, hop in and make sure you give this workout a try - Coach Kami

Aloha everyone, Coach Sky here!

For the month of April, the Swim Workout of the Week will be doing a Tabata special. We will start with a basic Tabata set and then each week it will scale in difficulty. Tabata is great to get a quick workout in if you're short on time, you need to switch up your routine, or you want to improve endurance and speed in your swim strokes. These are also great for burning fat, toning muscle, and improving cardiovascular performance.

Each exercise in a given Tabata workout lasts only four minutes. The structure of the program is as follows:

- Work out hard for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds
- Optional: 60-sec rest in between exercise sets

The workout for today is upper body focused:

1. Declined Push-ups (20s on/10s off x 8)
2. Bat Wings (20s on/10s off x 8)
3. Diamond Push-ups (20s on/10s off x 8)
4. Plank to Push-ups (20s on/10s off x 8)

Optional: You can take a 60-second break when transferring to the next exercise!

We are going for complete burnout on each exercise so if the last 2-4 rounds of 20 seconds are hard, that is perfectly where you want to be! Good luck and I hope to see you next week :) 

Music Credit: Right Now by Felix Cartal

Have you been to blue practice lately?!

Check out practice today at 4pm to take part in Video game fitness with Mardy & An!

TRIVIA OF THE WEEK

Thank you to those who submitted their answers to last week's Koret pool themed trivia. Here are the correct answers!

- Check out this delicious blueberry lemon loaf! Watch this video and read the comments to find the recipe!
- Make edible playdough out of leftover Peeps!

“Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before.”

-BONNIE BLAIR

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