

# 10 Days to Conquer

# THE

# POOL!

## Day 1

1 - SUPERMAN: LIE ON THE FLOOR ON TUMMY WITH LEGS EXTENDED AND ARMS EXTENDED OVERHEAD. LIFT ALTERNATING ARM AND LEG 10X ON EACH SIDE.

2 - IN THE POOL, PRACTICE CUPPING THE HANDS AND "SCOOPING" THE WATER TOWARD THE BODY.

## Day 2

1 - RUN IN PLACE IN THE WATER.

2 - PRACTICE BLOWING BUBBLES FOR 3 SECONDS WITH YOUR FACE IN THE WATER 5X.

## Day 3

1 - PRACTICE BLOWING BUBBLES AND TURNING THE HEAD TO THE SIDE TO BREATHE 10X.

2 - PRACTICE CUPPING THE HANDS AND "SCOOPING" THE WATER TOWARD THE BODY.

## Day 4

1 - RUN IN PLACE IN THE WATER.

2 - HOLD ONTO A FLOAT OR KICK BOARD AND PRACTICE BICYCLING THE LEGS UNDER THE WATER.

## Day 5

1 - STAND WHERE YOU CAN REACH, SHOULDERS ABOVE WATER, AND PRACTICE WINDMILLING THE ARMS THROUGH THE WATER.

2 - FLOAT YOUR BODY WHILE HOLDING ONTO THE SIDE OF THE POOL.

## Day 6

1 - BOBS: IN SLIGHTLY DEEPER WATER, TRY GOING UNDERWATER, TOUCHING THE BOTTOM OF THE POOL WITH FEET, AND THEN PUSHING BACK UP TO THE SURFACE TO TAKE A BREATH. REPEAT 10X

2 - TRY KICKING A LENGTH OF THE POOL WHILE HOLDING ONTO A KICK BOARD.

## Day 7

1 - SUPERMAN: LIE ON THE FLOOR ON TUMMY WITH LEGS EXTENDED AND ARMS EXTENDED OVERHEAD. LIFT ALTERNATING ARM AND LEG 10X ON EACH SIDE.

2 - HOLD ONTO A FLOAT OR KICK BOARD AND PRACTICE BICYCLING THE LEGS UNDER THE WATER.

## Day 8

1 - TRY TREADING WATER FOR 10 SECONDS.

2 - TURTLE FLOAT: PULL KNEES INTO CHEST AND HOLD, FLOATING FOR 5 SECONDS. REPEAT 3 TIMES.

## Day 9

1 - PRACTICE FLOATING ON BACK FOR 10 SECONDS, ARMS OUT TO SIDE. REPEAT 3 TIMES.

2 - PRACTICE FLOATING ON TUMMY FOR 5 SECONDS, ARMS OUT TO THE SIDE, FACE IN WATER. REPEAT 3 TIMES.

## Day 10

1 - TRY TREADING WATER FOR 20 SECONDS.

2 - TRY SWIMMING A SHORT DISTANCE FROM THE WALL TO AN ADULT.

SHARE YOUR SUCCESS STORIES!

#10DAYSTOCONQUER

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