

🔪 CARD 1 — BUTTERFLY FOCUS

Theme: Power Core + Undulation Engine

WARM-UP (15 mins)

- 5 min Jump Rope (light)
- 2x10 Arm Circles (forward/backward)
- 2x10 Leg Swings (each leg, front/side)
- 2x30s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Thread the Needle (spine mobility)
- 2x10 Scap Push-ups (on wall or floor)
- 2x10 Banded Shoulder Dislocates
- 2x20s Glute Bridge Hold (activate posterior chain)

STRENGTH & POWER (60 mins)

1. Med Ball Slam – 4x12 → explosive core
2. Pull-ups (or Band Assisted) – 4x8 → lat power for fly recovery
3. Single-Arm Dumbbell Row – 3x10/arm → unilateral back strength
4. Box Jumps – 4x8 → leg drive for breakout
5. Banded Fly Pull-Aparts – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Dead Bug w/ Band – 3x12/side → anti-rotation core
- Side Plank w/ Leg Lift – 3x30s/side → obliques + hip stability
- Banded Face Pulls – 3x15 → rear delts, rotator cuff health
- Foam Roll: Lats, Glutes, Thoracic Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Stretch – 60s
- Figure-4 Glute Stretch – 60s/side
- Doorway Chest Opener – 60s
- Deep Belly Breaths x10

📌 CARD 2 — BREASTSTROKE FOCUS

Theme: Hip Power + Timing Core

WARM-UP (15 mins)

- 5 min Rowing Machine (light pace)
- 2x10 Walking Lunges w/ Twist
- 2x10 World's Greatest Stretch (each side)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Hip Circles (each direction)
- 2x10 Frog Stretch Rocks (groin mobility)
- 2x10 Banded Clamshells (glute med)
- 2x10 Wall Angels (scap control)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick
2. Romanian Deadlift – 4x10 → hamstring power for whip
3. Cable Woodchop – 3x12/side → rotational core for pull
4. Seated Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps → hip stability for glide

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core tension for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Hip Flexors, Adductors, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4s in, 4s hold, 4s out, 4s hold)

CARD 3 — BACKSTROKE FOCUS

Theme: Rotation Power + Shoulder Stability

WARM-UP (15 mins)

- 5 min Elliptical (arms + legs)
- 2x10 Arm Swings (big circles)
- 2x10 Torso Twists (feet planted)
- 2x20s Skaters (side-to-side)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge March – activate hips
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 3x10/arm → rotation + shoulder power
2. Pull-ups – 4x8 → back strength for pull phase
3. Pallof Press – 3x10/side → anti-rotation core
4. Dumbbell Floor Press – 4x10 → chest + triceps for recovery
5. Lateral Lunge – 3x10/side → hip mobility + leg drive

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6 (inhale 4s, hold 7s, exhale 8s)

🚩 CARD 4 — FREESTYLE FOCUS

Theme: Rotation Engine + Distance Per Stroke Strength

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Spiderman w/ Reach
- 2x20s Butt Kicks + High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Shoulder Dislocates
- 2x10 Glute Bridge Hold + March
- 2x10 Quadruped Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral chest power
2. Bent-Over Row – 4x10 → lat strength for pull
3. Russian Twist w/ Med Ball – 3x20 → rotational core
4. Split Squat – 3x10/leg → leg drive for turns & breakouts
5. Banded Lat Pull-Downs – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 5 — BUTTERFLY + CORE POWER

Theme: Explosive Undulation + Core Whip

WARM-UP (15 mins)

- 5 min Jump Rope (double-unders if able)
- 2x10 Jumping Jacks + Arm Circles
- 2x10 Inchworm to Push-up
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts (overhand)
- 2x10 Glute Bridge Hold w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Med Ball Overhead Slam – 4x12 → full-body whip
2. Weighted Pull-ups – 4x6 → lat explosion
3. Single-Arm Landmine Rotational Press – 3x8/side → core + shoulder power
4. Depth Jumps → Broad Jump – 4x5 → leg drive for breakout
5. Banded Fly “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20 reps → core tension
- Side Plank w/ Hip Dip – 3x30s/side → obliques
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Hip Flexors, Thoracic Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps Stretch – 60s/side
- Deep Belly Breaths x10

🔪 CARD 6 — BREASTSTROKE + HIP POWER

Theme: Whip Kick Generator + Timing Core

WARM-UP (15 mins)

- 5 min Rower
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (front/side)
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Bulgarian Split Squat – 4x10/leg → single-leg power
2. Kettlebell Swing – 4x15 → hip hinge for kick
3. Cable Rotational Row – 3x12/side → core + pull timing
4. Seated Band Rows – 4x15 → scap strength
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s
- Bird Dog – 3x10/side
- Banded External Rotations – 3x15
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

CARD 7 — BACKSTROKE + ROTATION

Theme: Shoulder Stability + Core Rotation

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Press (on bench) – 4x8/arm → shoulder stability
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 8 — FREESTYLE + ROTATION

Theme: High Elbow Power + Core Drive

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm
2. Bent-Over Row – 4x10
3. Medicine Ball Rotational Throw – 3x10/side
4. Split Squat – 3x10/leg
5. Banded Lat Pull – 3x15

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔥 CARD 9 — BUTTERFLY + EXPLOSIVE POWER

Theme: Undulation Generator + Lat Whip

WARM-UP (15 mins)

- 5 min Jump Rope
- 2x10 Inchworm to Push-up
- 2x10 Arm Circles
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Med Ball Slam – 4x12
2. Weighted Pull-ups – 4x6
3. Landmine Rotational Press – 3x8/side
4. Depth → Broad Jump – 4x5
5. Banded “Y” Raises – 3x15

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

🔥 CARD 10 — BREASTSTROKE + TIMING CORE

Theme: Glide Control + Hip Snap

WARM-UP (15 mins)

- 5 min Rower
- 2x10 Walking Lunges w/ Twist
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12
2. Romanian Deadlift – 4x10
3. Cable Woodchop – 3x12/side
4. Seated Band Rows – 4x15
5. Lateral Band Walks – 3x20 steps

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s
- Bird Dog – 3x10/side
- Banded External Rotations – 3x15
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

📌 CARD 11 — FREESTYLE

Theme: DPS Strength + Rotation Core

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral agility)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral catch strength
2. Bent-Over Barbell Row – 4x10 → lat strength for pull phase
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for turns & walls
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

📌 CARD 12 — BACKSTROKE

Theme: Shoulder Stability + Anti-Rotation

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted, slow)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control + shoulder power
2. Inverted Row (feet elevated) – 4x10 → back endurance for long sets
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip mobility + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 13 — BUTTERFLY

Theme: Explosive Med Ball Power + Core Whip

WARM-UP (15 mins)

- 5 min Jump Rope (moderate pace, mix single/double unders)
- 2x10 Arm Swings + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → lat explosion for fly & free pull
2. Single-Arm Dumbbell Bench Press – 4x8/arm → high elbow strength
3. Med Ball Rotational Slam – 3x10/side → core whip + rotation
4. Box Jumps – 4x8 → leg drive for breakouts
5. Banded “Y” + “T” Raises – 3x12 each → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold w/ Arm Reach – 3x30s → core tension
- Side Plank w/ Rotation – 3x30s/side → obliques + shoulder link
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

🔥 CARD 14 — BREASTSTROKE

Theme: Hip Mobility + Whip Generator

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (each direction)
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for breast kick
2. Weighted Pull-ups – 4x6 → lat explosion for fly recovery
3. Kettlebell Swing – 4x15 → hip hinge for breast whip
4. Med Ball Slam – 4x12 → full-body undulation
5. Lateral Band Walks – 3x20 steps → hip stability for glide & rotation

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

📌 CARD 15 — FREESTYLE + BACKSTROKE

Theme: Rotation Combo

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Swings + High Elbow + Backstroke Recovery Mimic
- 2x10 Spiderman w/ Reach
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow strength
2. Bent-Over Row – 4x10 → lat power
3. Pallof Press – 3x10/side → anti-rotation
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

📌 CARD 16 — BUTTERFLY + BREASTSTROKE

Theme: Core Undulation + Timing Sync

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power for recovery
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

📌 CARD 17 — BACKSTROKE + FREESTYLE

Theme: Shoulder Health + Distance Per Stroke

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → shoulder stability for recovery
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

🚩 CARD 18 — BREASTSTROKE + BUTTERFLY

Theme: Hip Snap + Lat Drive

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

CARD 19 — FREESTYLE

Theme: High Elbow Pull + Core Drive

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm
2. Bent-Over Row – 4x10
3. Russian Twist w/ Med Ball – 3x20
4. Split Squat – 3x10/leg
5. Banded Lat Pull – 3x15

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 20 — BACKSTROKE + BREASTSTROKE

Theme: Rotation + Timing Sync

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Swings + Torso Twists
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations
- 2x10 Banded Pull-Aparts (supinated)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Pallof Press – 4x10/side → anti-rotation for backstroke
2. Goblet Squat – 4x12 → leg power for breaststroke
3. Single-Arm Landmine Press – 3x8/arm → shoulder stability
4. Cable Woodchop – 3x12/side → core timing for both strokes
5. Lateral Lunge – 3x10/side → hip mobility

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Hollow Hold – 3x30s
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

CARD 21 — BUTTERFLY

Theme: Explosive Pull + Core Snap

WARM-UP (15 mins)

- 5 min Jump Rope (moderate pace)
- 2x10 Arm Circles (big forward/backward)
- 2x10 Inchworm to Push-up
- 2x20s Mountain Climbers (fast)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (overhand grip)
- 2x10 Glute Bridge Hold w/ Mini Band above knees
- 2x10 Scap Push-ups (slow tempo)

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → explosive lat drive
2. Med Ball Overhead Slam – 4x12 → full-body whip
3. Single-Arm Landmine Rotational Press – 3x8/side → core + shoulder power
4. Depth Jump → Explosive Broad Jump – 4x5 → leg drive for breakout
5. Banded “Y” Raises – 3x15 → shoulder stability for recovery

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20 reps → core tension for undulation
- Side Plank w/ Hip Dip – 3x30s/side → obliques + hip control
- Banded Face Pulls – 3x15 → rear delts, rotator cuff health
- Foam Roll: Lats, Hip Flexors, Thoracic Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Spinal Twist – 60s/side
- Overhead Triceps Stretch – 60s/side
- Deep Belly Breaths x10

🔪 CARD 22 — BREASTSTROKE

Theme: Glide Core + Hip Extension

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

CARD 23 — FREESTYLE

Theme: Rotation Power + Streamline Tension

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral power)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral chest power for catch
2. Bent-Over Barbell Row – 4x10 → lat strength for pull phase
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for turns & walls
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

CARD 24 — BACKSTROKE

Theme: Anti-Rotation Core + Shoulder Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted, slow)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control + shoulder power
2. Inverted Row (feet elevated) – 4x10 → back endurance for long sets
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip mobility + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 25 — BUTTERFLY + FREESTYLE

Theme: Lat Power + Rotation Combo

WARM-UP (15 mins)

- 5 min Jump Rope (mix single/double unders)
- 2x10 Arm Swings + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → lat explosion for fly & free pull
2. Single-Arm Dumbbell Bench Press – 4x8/arm → high elbow strength
3. Med Ball Rotational Slam – 3x10/side → core whip + rotation
4. Box Jumps – 4x8 → leg drive for breakouts
5. Banded “Y” + “T” Raises – 3x12 each → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold w/ Arm Reach – 3x30s → core tension
- Side Plank w/ Rotation – 3x30s/side → obliques + shoulder link
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

🔪 CARD 26 — BREASTSTROKE + BACKSTROKE

Theme: Hip Stability + Scap Control

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (each direction)
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for breast kick
2. Single-Arm Landmine Press – 4x8/arm → shoulder stability for back recovery
3. Cable Rotational Row – 3x12/side → core link for both strokes
4. Seated Band Rows – 4x15 → scap retraction for back pull & breast pull
5. Lateral Band Walks – 3x20 steps → hip stability for glide & rotation

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

🔪 CARD 27 — FREESTYLE + BUTTERFLY

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Circles + High Elbow Swings
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow catch strength
2. Med Ball Slam – 4x12 → core whip for fly undulation
3. Bent-Over Row – 4x10 → lat power for both strokes
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 28 — BACKSTROKE + BREASTSTROKE

Theme: Rotation + Timing Sync

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Swings + Torso Twists
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations
- 2x10 Banded Pull-Aparts (supinated)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Pallof Press – 4x10/side → anti-rotation for backstroke
2. Goblet Squat – 4x12 → leg power for breaststroke
3. Single-Arm Landmine Press – 3x8/arm → shoulder stability
4. Cable Woodchop – 3x12/side → core timing for both strokes
5. Lateral Lunge – 3x10/side → hip mobility

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Hollow Hold – 3x30s
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🚩 CARD 29 — BUTTERFLY

Theme: Undulation Generator + Explosive Jumps

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power for recovery
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 30 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → unilateral catch strength
2. Bent-Over Row – 4x10 → lat endurance for long pulls
3. Russian Twist w/ Med Ball – 3x20 → rotational core for body roll
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

CARD 31 — BREASTSTROKE

Theme: Whip Kick Power + Core Bracing

WARM-UP (15 mins)

- 5 min Rower
- 2x10 Walking Lunges w/ Twist
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Bulgarian Split Squat – 4x10/leg → single-leg power for kick
2. Kettlebell Swing – 4x15 → hip hinge for whip
3. Cable Rotational Row – 3x12/side → core + pull timing
4. Seated Band Rows – 4x15 → scap strength
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s
- Bird Dog – 3x10/side
- Banded External Rotations – 3x15
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

CARD 32 — BACKSTROKE

Theme: Shoulder Prehab + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Press (neutral grip) – 4x8/arm → shoulder stability
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 33 — BUTTERFLY + IM

Theme: Full Body Power + Transition Core

WARM-UP (15 mins)

- 5 min Jump Rope
- 2x10 Arm Circles + IM Stroke Mimic (Fly/Back/Breast/Free)
- 2x10 Inchworm to Push-up
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Med Ball Slam – 4x12 → explosive core for all strokes
2. Pull-ups – 4x8 → back power for Fly/Back
3. Single-Arm Landmine Rotational Press – 3x8/side → core for transitions
4. Box Jumps – 4x8 → leg drive for walls & breakouts
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank w/ Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 34 — FREESTYLE + BACKSTROKE

Theme: Rotation Combo + Injury Prevention

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow + Backstroke Recovery Mimic
- 2x10 Spiderman w/ Reach
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow strength
2. Bent-Over Row – 4x10 → lat power
3. Pallof Press – 3x10/side → anti-rotation
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

CARD 35 — BREASTSTROKE

Theme: Hip Mobility + Timing Core

WARM-UP (15 mins)

- 5 min Rower
- 2x10 Walking Lunges w/ Twist
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12
2. Romanian Deadlift – 4x10
3. Cable Woodchop – 3x12/side
4. Seated Band Rows – 4x15
5. Lateral Band Walks – 3x20 steps

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s
- Bird Dog – 3x10/side
- Banded External Rotations – 3x15
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

CARD 36 — BUTTERFLY

Theme: Lat Explosion + Core Tension

WARM-UP (15 mins)

- 5 min Jump Rope
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6
2. Med Ball Slam – 4x12
3. Single-Arm Landmine Rotational Press – 3x8/side
4. Depth → Broad Jump – 4x5
5. Banded “Y” Raises – 3x15

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 37 — BACKSTROKE

Theme: Scap Strength + Anti-Rotation

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Press – 4x8/arm
2. Inverted Row – 4x10
3. Pallof Press – 3x10/side
4. Lateral Lunge – 3x10/side
5. Banded Lat Pull-Down – 3x15

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 38 — FREESTYLE

Theme: High Elbow Pull + Core Drive

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm
2. Bent-Over Row – 4x10
3. Russian Twist w/ Med Ball – 3x20
4. Split Squat – 3x10/leg
5. Banded Lat Pull – 3x15

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 39 — BREASTSTROKE + BUTTERFLY

Theme: Hip Snap + Lat Whip

WARM-UP (15 mins)

- 5 min Rower
- 2x10 Walking Lunges w/ Twist
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Kettlebell Swing – 4x15 → hip snap
2. Weighted Pull-ups – 4x6 → lat whip
3. Cable Woodchop – 3x12/side → core link
4. Med Ball Slam – 4x12 → full-body power
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s
- Bird Dog – 3x10/side
- Banded External Rotations – 3x15
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

CARD 40 — BACKSTROKE + FREESTYLE

Theme: Shoulder Stability + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm
2. Inverted Row – 4x10
3. Pallof Press – 3x10/side
4. Lateral Lunge – 3x10/side
5. Banded Lat Pull-Down – 3x15

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

🔥 CARD 41 — FREESTYLE

Theme: Streamline Tension + Rotation Engine

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate pace)
- 2x10 Arm Circles (forward/backward) + High Elbow Swings
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral agility)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (slow, controlled)
- 2x10 Banded Shoulder Dislocates (light resistance)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral catch strength
2. Bent-Over Barbell Row – 4x10 → lat power for pull phase
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for walls & breakouts
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

CARD 42 — BACKSTROKE

Theme: Rotation Control + Scap Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted, slow)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control + shoulder power
2. Inverted Row (feet elevated) – 4x10 → back endurance for long sets
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip mobility + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 43 — BREASTSTROKE

Theme: Whip Generator + Core Bracing

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

CARD 44 — BUTTERFLY

Theme: Undulation Core + Explosive Pull

WARM-UP (15 mins)

- 5 min Jump Rope (mix single/double unders)
- 2x10 Arm Swings + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → lat explosion for fly & free pull
2. Single-Arm Dumbbell Bench Press – 4x8/arm → high elbow strength
3. Med Ball Rotational Slam – 3x10/side → core whip + rotation
4. Box Jumps – 4x8 → leg drive for breakouts
5. Banded “Y” + “T” Raises – 3x12 each → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold w/ Arm Reach – 3x30s → core tension
- Side Plank w/ Rotation – 3x30s/side → obliques + shoulder link
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

🔪 CARD 45 — FREESTYLE + BACKSTROKE

Theme: High Elbow + Anti-Rotation Sync

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral power)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral chest power for catch
2. Bent-Over Barbell Row – 4x10 → lat strength for pull phase
3. Pallof Press – 4x10/side → anti-rotation for backstroke stability
4. Bulgarian Split Squat – 3x10/leg → leg drive for turns & walls
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 46 — BREASTSTROKE + BUTTERFLY

Theme: Hip Snap + Lat Whip Combo

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (each direction)
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for breast kick
2. Weighted Pull-ups – 4x6 → lat explosion for fly recovery
3. Kettlebell Swing – 4x15 → hip hinge for breast whip
4. Med Ball Slam – 4x12 → full-body undulation
5. Lateral Band Walks – 3x20 steps → hip stability for glide & rotation

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

CARD 47 — BACKSTROKE

Theme: Shoulder Stability + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → shoulder stability for recovery
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

CARD 48 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → unilateral catch strength
2. Bent-Over Row – 4x10 → lat endurance for long pulls
3. Russian Twist w/ Med Ball – 3x20 → rotational core for body roll
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 49 — BUTTERFLY + FREESTYLE

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power for recovery
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

🔪 CARD 50 — BREASTSTROKE

Theme: Glide Core + Hip Extension

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

CARD 51 — BACKSTROKE + BREASTSTROKE

Theme: Rotation + Timing Sync

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Swings + Torso Twists
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations
- 2x10 Banded Pull-Aparts (supinated)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Pallof Press – 4x10/side → anti-rotation for backstroke
2. Goblet Squat – 4x12 → leg power for breaststroke
3. Single-Arm Landmine Press – 3x8/arm → shoulder stability
4. Cable Woodchop – 3x12/side → core timing for both strokes
5. Lateral Lunge – 3x10/side → hip mobility

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Hollow Hold – 3x30s
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 52 — FREESTYLE + BUTTERFLY

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Circles + High Elbow Swings
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow catch strength
2. Med Ball Slam – 4x12 → core whip for fly undulation
3. Bent-Over Row – 4x10 → lat power for both strokes
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

CARD 53 — BUTTERFLY

Theme: Undulation Generator + Explosive Jumps

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power for recovery
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 54 — BACKSTROKE

Theme: Shoulder Prehab + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Press (neutral grip) – 4x8/arm → shoulder stability
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 55 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → unilateral catch strength
2. Bent-Over Row – 4x10 → lat endurance for long pulls
3. Russian Twist w/ Med Ball – 3x20 → rotational core for body roll
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 56 — BREASTSTROKE + BACKSTROKE

Theme: Hip Stability + Scap Control

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (each direction)
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for breast kick
2. Single-Arm Landmine Press – 4x8/arm → shoulder stability for back recovery
3. Cable Rotational Row – 3x12/side → core link for both strokes
4. Seated Band Rows – 4x15 → scap retraction for back pull & breast pull
5. Lateral Band Walks – 3x20 steps → hip stability for glide & rotation

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

🔪 CARD 57 — BUTTERFLY + FREESTYLE

Theme: Lat Power + Rotation Combo

WARM-UP (15 mins)

- 5 min Jump Rope (mix single/double unders)
- 2x10 Arm Swings + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → lat explosion for fly & free pull
2. Single-Arm Dumbbell Bench Press – 4x8/arm → high elbow strength
3. Med Ball Rotational Slam – 3x10/side → core whip + rotation
4. Box Jumps – 4x8 → leg drive for breakouts
5. Banded “Y” + “T” Raises – 3x12 each → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold w/ Arm Reach – 3x30s → core tension
- Side Plank w/ Rotation – 3x30s/side → obliques + shoulder link
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 58 — BACKSTROKE

Theme: Anti-Rotation Core + Shoulder Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted, slow)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control + shoulder power
2. Inverted Row (feet elevated) – 4x10 → back endurance for long sets
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip mobility + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

CARD 59 — FREESTYLE

Theme: Rotation Power + Streamline Tension

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral power)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral chest power for catch
2. Bent-Over Barbell Row – 4x10 → lat strength for pull phase
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for turns & walls
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 60 — BREASTSTROKE

Theme: Hip Power + Timing Core

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

🚩 CARD 61 — BUTTERFLY

Theme: Explosive Core Whip + Shoulder Stability

WARM-UP (15 mins)

- 5 min Jump Rope (moderate pace, mix single/double unders)
- 2x10 Arm Circles (forward/backward) + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Mountain Climbers (fast pace)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (overhand grip)
- 2x10 Glute Bridge Hold w/ Mini Band above knees
- 2x10 Scap Push-ups (slow, controlled)

STRENGTH & POWER (60 mins)

1. Med Ball Overhead Slam – 4x12 → full-body undulation power
2. Weighted Pull-ups – 4x6 → lat explosion for recovery phase
3. Single-Arm Landmine Rotational Press – 3x8/side → core whip + shoulder stability
4. Depth Jump → Explosive Broad Jump – 4x5 → leg drive for breakouts
5. Banded “Y” Raises – 3x15 → shoulder stability for arm recovery

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20 reps → core tension for body wave
- Side Plank w/ Hip Dip – 3x30s/side → obliques + hip control
- Banded Face Pulls – 3x15 → rear delts, rotator cuff health
- Foam Roll: Lats, Hip Flexors, Thoracic Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Spinal Twist – 60s/side
- Overhead Triceps Stretch – 60s/side
- Deep Belly Breaths x10

CARD 62 — FREESTYLE

Theme: High Elbow Strength + Rotation Engine

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate resistance)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral agility)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled tempo)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral catch strength
2. Bent-Over Barbell Row – 4x10 → lat strength for pull phase
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for walls & turns
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

CARD 63 — BACKSTROKE

Theme: Anti-Rotation Core + Scap Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged, moderate pace)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted, slow)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control + shoulder power
2. Inverted Row (feet elevated) – 4x10 → back endurance for long sets
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip mobility + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 64 — BREASTSTROKE

Theme: Whip Kick Generator + Core Bracing

WARM-UP (15 mins)

- 5 min Rower (light resistance, steady pace)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

CARD 65 — FREESTYLE + BACKSTROKE

Theme: Rotation Sync + Shoulder Health

WARM-UP (15 mins)

- 5 min Bike (moderate pace)
- 2x10 Arm Swings + High Elbow + Backstroke Recovery Mimic
- 2x10 Spiderman w/ Reach
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow strength
2. Bent-Over Row – 4x10 → lat power
3. Pallof Press – 3x10/side → anti-rotation
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 66 — BUTTERFLY + BREASTSTROKE

Theme: Hip Snap + Lat Whip Combo

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (each direction)
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for breast kick
2. Weighted Pull-ups – 4x6 → lat explosion for fly recovery
3. Kettlebell Swing – 4x15 → hip hinge for breast whip
4. Med Ball Slam – 4x12 → full-body undulation
5. Lateral Band Walks – 3x20 steps → hip stability for glide & rotation

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

CARD 67 — BACKSTROKE

Theme: Shoulder Stability + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → shoulder stability for recovery
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

CARD 68 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → unilateral catch strength
2. Bent-Over Row – 4x10 → lat endurance for long pulls
3. Russian Twist w/ Med Ball – 3x20 → rotational core for body roll
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 69 — BUTTERFLY + FREESTYLE

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power for recovery
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 70 — BREASTSTROKE

Theme: Glide Core + Hip Extension

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

CARD 71 — BACKSTROKE + BREASTSTROKE

Theme: Rotation + Timing Sync

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Swings + Torso Twists
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations
- 2x10 Banded Pull-Aparts (supinated)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Pallof Press – 4x10/side → anti-rotation for backstroke
2. Goblet Squat – 4x12 → leg power for breaststroke
3. Single-Arm Landmine Press – 3x8/arm → shoulder stability
4. Cable Woodchop – 3x12/side → core timing for both strokes
5. Lateral Lunge – 3x10/side → hip mobility

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Hollow Hold – 3x30s
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 72 — FREESTYLE + BUTTERFLY

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Circles + High Elbow Swings
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow catch strength
2. Med Ball Slam – 4x12 → core whip for fly undulation
3. Bent-Over Row – 4x10 → lat power for both strokes
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🚩 CARD 73 — BUTTERFLY

Theme: Undulation Generator + Explosive Jumps

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power for recovery
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 74 — BACKSTROKE

Theme: Shoulder Prehab + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Press (neutral grip) – 4x8/arm → shoulder stability
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 75 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → unilateral catch strength
2. Bent-Over Row – 4x10 → lat endurance for long pulls
3. Russian Twist w/ Med Ball – 3x20 → rotational core for body roll
4. Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 76 — BREASTSTROKE + BACKSTROKE

Theme: Hip Stability + Scap Control

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings (each direction)
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for breast kick
2. Single-Arm Landmine Press – 4x8/arm → shoulder stability for back recovery
3. Cable Rotational Row – 3x12/side → core link for both strokes
4. Seated Band Rows – 4x15 → scap retraction for back pull & breast pull
5. Lateral Band Walks – 3x20 steps → hip stability for glide & rotation

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

🔪 CARD 77 — BUTTERFLY + FREESTYLE

Theme: Lat Power + Rotation Combo

WARM-UP (15 mins)

- 5 min Jump Rope (mix single/double unders)
- 2x10 Arm Swings + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → lat explosion for fly & free pull
2. Single-Arm Dumbbell Bench Press – 4x8/arm → high elbow strength
3. Med Ball Rotational Slam – 3x10/side → core whip + rotation
4. Box Jumps – 4x8 → leg drive for breakouts
5. Banded “Y” + “T” Raises – 3x12 each → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold w/ Arm Reach – 3x30s → core tension
- Side Plank w/ Rotation – 3x30s/side → obliques + shoulder link
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 78 — BACKSTROKE

Theme: Anti-Rotation Core + Shoulder Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted, slow)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks (ankle/hip mobility)

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control + shoulder power
2. Inverted Row (feet elevated) – 4x10 → back endurance for long sets
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip mobility + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder stability
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

CARD 79 — FREESTYLE

Theme: Rotation Power + Streamline Tension

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral power)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral chest power for catch
2. Bent-Over Barbell Row – 4x10 → lat strength for pull phase
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for turns & walls
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 80 — BREASTSTROKE

Theme: Hip Power + Timing Core

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side, each leg)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses (deep groin mobility)
- 2x10 Banded Clamshells (glute med activation)
- 2x10 Wall Angels (scap control)
- 2x10 Glute Bridge March (core + hip link)

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive for kick initiation
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control for whip
3. Cable Woodchop (low to high) – 3x12/side → rotational core for pull timing
4. Seated Resistance Band Rows – 4x15 → scap retraction for heart-shaped pull
5. Lateral Band Walks – 3x20 steps each way → hip stability for glide phase

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing for streamline
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8 (4-4-4-4)

🚩 CARD 81 — BUTTERFLY

Theme: Explosive Core + Shoulder Whip

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace, mix rhythms)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (overhand)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Med Ball Overhead Slam – 4x12 → full-body undulation
2. Weighted Pull-ups – 4x6 → lat explosion
3. Single-Arm Landmine Rotational Press – 3x8/side → core whip
4. Depth Jump → Broad Jump – 4x5 → leg drive for breakout
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20 reps → core tension
- Side Plank w/ Hip Dip – 3x30s/side → obliques
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Spinal Twist – 60s/side
- Overhead Triceps Stretch – 60s/side
- Deep Belly Breaths x10

🔪 CARD 82 — FREESTYLE

Theme: High Elbow Power + Rotation Drive

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate pace)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → catch strength
2. Bent-Over Barbell Row – 4x10 → lat power
3. Russian Twist w/ Med Ball Slam – 3x20 → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive for walls
5. Banded Lat Pull-Down – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

CARD 83 — BACKSTROKE

Theme: Anti-Rotation + Scap Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control
2. Inverted Row (feet elevated) – 4x10 → back endurance
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 84 — BREASTSTROKE

Theme: Whip Kick Power + Core Bracing

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control
3. Cable Woodchop – 3x12/side → rotational core
4. Seated Band Rows – 4x15 → scap retraction
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

CARD 85 — FREESTYLE + BACKSTROKE

Theme: Rotation Sync + Shoulder Health

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Swings + High Elbow + Backstroke Recovery Mimic
- 2x10 Spiderman w/ Reach
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow strength
2. Bent-Over Row – 4x10 → lat power
3. Pallof Press – 3x10/side → anti-rotation
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s
- Dead Bug – 3x12/side
- Banded External Rotations – 3x15
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

CARD 86 — BUTTERFLY + BREASTSTROKE

Theme: Hip Snap + Lat Whip Combo

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → breast kick power
2. Weighted Pull-ups – 4x6 → fly lat explosion
3. Kettlebell Swing – 4x15 → hip hinge for whip
4. Med Ball Slam – 4x12 → full-body undulation
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

CARD 87 — BACKSTROKE

Theme: Shoulder Stability + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → shoulder stability
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 88 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → catch strength
2. Bent-Over Row – 4x10 → lat endurance
3. Russian Twist w/ Med Ball – 3x20 → rotational core
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 89 — BUTTERFLY + FREESTYLE

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → explosive leg drive
2. Weighted Pull-ups – 4x6 → lat power
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

🔪 CARD 90 — BREASTSTROKE

Theme: Glide Core + Hip Extension

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control
3. Cable Woodchop – 3x12/side → rotational core
4. Seated Band Rows – 4x15 → scap retraction
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

🔪 CARD 91 — BACKSTROKE + BREASTSTROKE

Theme: Rotation + Timing Sync

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Swings + Torso Twists
- 2x10 Leg Swings
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations
- 2x10 Banded Pull-Aparts (supinated)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Pallof Press – 4x10/side → anti-rotation
2. Goblet Squat – 4x12 → leg power
3. Single-Arm Landmine Press – 3x8/arm → shoulder stability
4. Cable Woodchop – 3x12/side → core timing
5. Lateral Lunge – 3x10/side → hip mobility

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Hollow Hold – 3x30s
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Hip Flexor Stretch – 60s/side
- 4-7-8 Breathing x6

🔪 CARD 92 — FREESTYLE + BUTTERFLY

Theme: Core Whip + High Elbow Drive

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Circles + High Elbow Swings
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → high elbow strength
2. Med Ball Slam – 4x12 → core whip
3. Bent-Over Row – 4x10 → lat power
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

CARD 93 — BUTTERFLY

Theme: Undulation Generator + Explosive Jumps

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s High Knees

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Depth Jump → Vertical Jump – 4x5 → leg drive
2. Weighted Pull-ups – 4x6 → lat power
3. Med Ball Overhead Slam – 4x12 → full-body undulation
4. Single-Arm Landmine Rotational Press – 3x8/side → core whip
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank Hip Dip – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 94 — BACKSTROKE

Theme: Shoulder Prehab + Rotation Power

WARM-UP (15 mins)

- 5 min Elliptical
- 2x10 Arm Circles + Scap Push-ups
- 2x10 Torso Twists
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (quadruped)
- 2x10 Banded Pull-Aparts (supinated grip)
- 2x10 Glute Bridge Hold
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Press (neutral grip) – 4x8/arm → shoulder stability
2. Inverted Row – 4x10 → back strength
3. Pallof Press – 3x10/side → anti-rotation core
4. Lateral Lunge – 3x10/side → hip mobility
5. Banded Lat Pull-Down – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach – 3x30s/side
- Dead Bug w/ Band – 3x12/side
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 95 — FREESTYLE

Theme: Distance Per Stroke Strength + Core Control

WARM-UP (15 mins)

- 5 min Bike
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Spiderman w/ Reach
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups
- 2x10 Banded Dislocates
- 2x10 Glute Bridge March
- 2x10 Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm DB Bench – 4x8/arm → catch strength
2. Bent-Over Row – 4x10 → lat endurance
3. Russian Twist w/ Med Ball – 3x20 → rotational core
4. Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder
- Dead Bug – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Reach – 60s
- Thread the Needle – 60s/side
- Triceps Stretch – 60s/side
- Box Breathing x8

🔪 CARD 96 — BREASTSTROKE + BACKSTROKE

Theme: Hip Stability + Scap Control

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → breast kick power
2. Single-Arm Landmine Press – 4x8/arm → back shoulder stability
3. Cable Rotational Row – 3x12/side → core link
4. Seated Band Rows – 4x15 → scap strength
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Forward Fold – 60s
- Cross-Body Shoulder – 60s/side
- Box Breathing x8

🔪 CARD 97 — BUTTERFLY + FREESTYLE

Theme: Lat Power + Rotation Combo

WARM-UP (15 mins)

- 5 min Jump Rope (mix single/double unders)
- 2x10 Arm Swings + High Elbow Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Weighted Pull-ups – 4x6 → lat explosion
2. Single-Arm Dumbbell Bench Press – 4x8/arm → high elbow strength
3. Med Ball Rotational Slam – 3x10/side → core whip + rotation
4. Box Jumps – 4x8 → leg drive
5. Banded “Y” + “T” Raises – 3x12 each → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold w/ Arm Reach – 3x30s → core tension
- Side Plank w/ Rotation – 3x30s/side → obliques + shoulder link
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Twist – 60s/side
- Overhead Triceps – 60s/side
- Belly Breaths x10

CARD 98 — BACKSTROKE

Theme: Anti-Rotation Core + Shoulder Endurance

WARM-UP (15 mins)

- 5 min Elliptical (arms engaged)
- 2x10 Arm Circles + Scap Retractions
- 2x10 Torso Twists (feet planted)
- 2x20s Jumping Jacks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Thoracic Rotations (on all fours)
- 2x10 Banded Pull-Aparts (palms up)
- 2x10 Glute Bridge Hold w/ March
- 2x10 Quadruped Rockbacks

STRENGTH & POWER (60 mins)

1. Single-Arm Landmine Press – 4x8/arm → rotation control
2. Inverted Row (feet elevated) – 4x10 → back endurance
3. Pallof Press (half-kneeling) – 3x10/side → anti-rotation core
4. Lateral Lunge w/ Overhead Reach – 3x10/side → hip + shoulder stability
5. Banded Lat Pull-Down – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Side Plank w/ Reach-Through – 3x30s/side → obliques + shoulder
- Dead Bug w/ Band – 3x12/side → core control
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Glutes, IT Band – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Supine Twist – 60s/side
- Doorway Pec Stretch – 60s
- Kneeling Hip Flexor – 60s/side
- 4-7-8 Breathing x6

CARD 99 — FREESTYLE

Theme: Rotation Power + Streamline Tension

WARM-UP (15 mins)

- 5 min Stationary Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters (lateral power)

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates (light band)
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations (each side)

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → unilateral chest power
2. Bent-Over Barbell Row – 4x10 → lat strength
3. Russian Twist w/ Med Ball Slam – 3x20 total → explosive rotation
4. Bulgarian Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull-Down (kneeling) – 3x15 → streamline tension

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder stability
- Dead Bug w/ Resistance Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff endurance
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

🔥 CARD 100 — BREASTSTROKE

Theme: Hip Power + Timing Core

WARM-UP (15 mins)

- 5 min Rower (light resistance)
- 2x10 Walking Spiderman w/ Hip Lift
- 2x10 Leg Swings (front/side)
- 2x20s High Knees + Butt Kicks

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Goblet Squat – 4x12 → leg drive
2. Single-Leg Romanian Deadlift – 3x10/leg → hamstring control
3. Cable Woodchop – 3x12/side → rotational core
4. Seated Band Rows – 4x15 → scap retraction
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

🔪 CARD 101 — BUTTERFLY

Theme: Explosive Core + Shoulder Whip

WARM-UP (15 mins)

- 5 min Jump Rope (fast pace)
- 2x10 Arm Circles + Fly Recovery Mimic
- 2x10 Inchworm to Push-up
- 2x20s Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra Flow
- 2x10 Banded Pull-Aparts (overhand)
- 2x10 Glute Bridge w/ Mini Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Med Ball Overhead Slam – 4x12 → full-body undulation
2. Weighted Pull-ups – 4x6 → lat explosion
3. Single-Arm Landmine Rotational Press – 3x8/side → core whip
4. Depth Jump → Broad Jump – 4x5 → leg drive
5. Banded “Y” Raises – 3x15 → shoulder stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20 reps → core tension
- Side Plank w/ Hip Dip – 3x30s/side → obliques
- Banded Face Pulls – 3x15 → rear delts
- Foam Roll: Lats, Hip Flexors, T-Spine – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Cobra Stretch – 60s
- Seated Spinal Twist – 60s/side
- Overhead Triceps Stretch – 60s/side
- Deep Belly Breaths x10

CARD 102 — FREESTYLE + BACKSTROKE

Theme: High Elbow + Anti-Rotation Sync

WARM-UP (15 mins)

- 5 min Bike (moderate)
- 2x10 Arm Swings + High Elbow Circles
- 2x10 Walking Lunge w/ Torso Rotation
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Scap Push-ups (controlled)
- 2x10 Banded Shoulder Dislocates
- 2x10 Glute Bridge Hold + Single-Leg Extend
- 2x10 Quadruped Thoracic Rotations

STRENGTH & POWER (60 mins)

1. Single-Arm Dumbbell Bench Press – 4x8/arm → catch strength
2. Bent-Over Barbell Row – 4x10 → lat power
3. Pallof Press – 4x10/side → anti-rotation for backstroke
4. Bulgarian Split Squat – 3x10/leg → leg drive
5. Banded Lat Pull-Down – 3x15 → streamline

CORE & INJURY PREVENTION (20 mins)

- Plank w/ Shoulder Taps – 3x30s → core + shoulder
- Dead Bug w/ Band – 3x12/side → anti-extension
- Banded External Rotations – 3x15 → rotator cuff
- Foam Roll: Lats, Quads, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Child's Pose w/ Lat Reach – 60s
- Thread the Needle – 60s/side
- Standing Triceps Stretch – 60s/side
- Box Breathing x8

🔥 CARD 103 — BREASTSTROKE + BUTTERFLY

Theme: Hip Snap + Lat Whip

WARM-UP (15 mins)

- 5 min Rower (steady pace)
- 2x10 Walking Lunges w/ Torso Twist
- 2x10 Leg Swings
- 2x20s Skaters

MOBILITY & ACTIVATION (15 mins)

- 2x10 Frog Stretch Pulses
- 2x10 Banded Clamshells
- 2x10 Wall Angels
- 2x10 Glute Bridge March

STRENGTH & POWER (60 mins)

1. Kettlebell Swing – 4x15 → hip snap
2. Weighted Pull-ups – 4x6 → lat whip
3. Cable Woodchop – 3x12/side → core link
4. Med Ball Slam – 4x12 → full-body power
5. Lateral Band Walks – 3x20 steps → hip stability

CORE & INJURY PREVENTION (20 mins)

- Hollow Hold – 3x30s → core bracing
- Bird Dog – 3x10/side → anti-rotation + hip extension
- Banded External Rotations – 3x15 → shoulder health
- Foam Roll: Adductors, Glutes, Upper Back – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Deep Squat Hold – 60s
- Seated Forward Fold – 60s
- Cross-Body Shoulder Stretch – 60s/side
- Box Breathing x8

🔪 CARD 104 — FULL STROKE INTEGRATION

Theme: Total Body Power + Mental Toughness Finisher

WARM-UP (15 mins)

- 5 min Jump Rope (freestyle footwork)
- 2x10 Arm Circles + Stroke Mimic (Free/Back/Breast/Fly)
- 2x10 Inchworm to Push-up
- 2x20s Skaters + Mountain Climbers

MOBILITY & ACTIVATION (15 mins)

- 2x10 Cat-Cow → Cobra
- 2x10 Banded Pull-Aparts (mixed grip)
- 2x10 Glute Bridge w/ Band
- 2x10 Scap Push-ups

STRENGTH & POWER (60 mins)

1. Med Ball Slam – 4x12 → full-body explosion
2. Pull-ups – 4x8 → back power
3. Single-Arm Landmine Press – 3x8/side → rotation + stability
4. Box Jumps – 4x8 → leg drive
5. Banded “Y” + “T” Raises – 3x12 each → shoulder armor

CORE & INJURY PREVENTION (20 mins)

- Hollow Rock – 3x20
- Side Plank w/ Rotation – 3x30s/side
- Banded Face Pulls – 3x15
- Foam Roll: Full Body – 5 mins

FLEXIBILITY & RECOVERY (10 mins)

- Full Body Stretch Flow – 60s per zone
- Box Breathing x10
- Visualization: “I am strong. I am powerful. I own every stroke.”