

SWET PT with Jenni Lynn Patterson LaCour

Recommended Music BPM: 128 - 132

PT #1 Traveling Warm-Up

**Perform 3 sets of each**

Kick Backwards 10x

Jump F & B 10x

Cross Country Ski 10x

Moguls 10x

PT #2 Wall Work

**Perform 3 sets of each**

Box lifts 10x

Wall Taps 10x

Speed Skate Backwards 10x

Suspended ski forwards 10x

PT #3 Wave Work

**Perform 3 sets of each**

Mountain Climbers 10x

Dial Rotations 10x

Pump & Pop 10x

Suspended Rock & Roll 10x

PT #4 Strength

**Perform 3 sets of each**

Jack Rear Delts 10x

Ski Chest Flies 10x

Torso rotation R 10x

Torso Rotation L 10x

PT #5 Cardio Combos

**Perform 3 sets of each**

Front Karate Kicks 10x

Side Karate Kicks 10x

Back Karate Kicks 10x

Power Hooks 10x

PF Cool Down

Active or static stretching of your choice