



DRILL



3 x 30 seconds



3 x 45 seconds



3 x 60 seconds



3 x 90 seconds



3 x 60 seconds

WHAT TO DO

- Cobra pose
- Stretch your back, roll back shoulders with firm glutes
- Hyper extension, head and legs above ground as much you can
- Straight arm pointing backwards
- Straight arm pointing forward
- Book below your chest
- Bent elbows kept as high as you can
- Put palms next to ears
- Book below your chest
- Paddle with your arms

START

Day 1 Day 2 Day 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day 4 Day 5 Day 6

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day 7 Day 8 Day 9

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day 10 Day 11 Day 12

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day 13 Day 14 Day 15

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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READY TO SURF!