

SPECIAL①

2019/10/5

⑤Fly Basic

W u p	30	S		100	×	3	①けのび⇄CHO ②Fr KRLS ③Fr⇄Ba	+ 20
	40	D	4 × {	25	×	1	Scull①Front②Middle ③Rear④CHO	- 1'00
		S		50	×	1	STMX	- 1'15
	52	S		100	×	2	①Fr②IM	- 2'00
休 憩	56	L		100	×	1	休憩＋スイム	
メ イ ン 練 習	2	KDS		50	×	6	Fly ①BoardKick ④UWKick ②⑤Power Push ③⑥4K1P	- 1'15
	12	S	2 × {	25	×	6	Fly Form ときどきCHO	- '50
				100	×	2	DolphinFr⇄Fr	- 2'00
	34	S		25	×	8	3Fr1Fly Fly=Hard	- '35
C-D	39	S		200	×	1		- 5'00

Total 2,300