**Learn to Dive Dryland Links**

Full playlist

<https://www.youtube.com/playlist?list=PL7JoHrDK9ueBAWLKPS0ylZqpqIOKyTSzu>

PT 1 – introduction

<https://youtu.be/qp09ys_524Q>

PT 2 – warm up

<https://youtu.be/VKkwGkVFheE>

PT 3 – moving drills

<https://youtu.be/zK0ymWSpiI4>

PT 4 – standing in spot drills

<https://youtu.be/b9kghFeXNJc>

PT 5 – stretching

<https://youtu.be/PE7ixTTqkFw>