SWIM MANITOBA

Swim Manitoba - At Home Workout Challenges

Workout #3 - Aerobic Base Workout

1. 30 Jumping Jack
2. 40 Sitting Twists
3. 20 Squat 180
4. 30 Mountain Climber
5. 20 Killer Jump (10/side)
6. 20 Plank Front Punch (10/side)
7. 40 Mummy Kick
8. 20 Plank Touch Toe (10/side)
9. 30 Open Jack

Guidelines - Do 2-3 times the series of exercises. Record your time. Each time you complete the workout, try to beat your previous time.

Video: https://youtu.be/N8djPTIwrTQ