

Swim Manitoba - At Home Workout Challenges

All actions and movements shown in this presentation follow a skills and progression based model of learning, subject to the SPORT National Entity and sanctioned by PSO (Swim Natation Manitoba). The material found within is general in basis and does not take into account individual needs or limitations. Anyone who applies this program on their own does so at their own risk.

It is recommended to be supervised by an adult.

Week #3 - Aerobic Base Workout

1. 40x (20/leg) Mountain Climbers Horizontal
2. 12 Push up step alternated
3. 20 Killer laterals alternated
4. 60 High knees + jab
5. 20 Dips
6. 20 Arms raised with opposite legs
7. 45 seconds Back kicks
8. 1 minute Plank
9. 10 Burpees
10. 45 seconds scissors-abs
11. 10 V-Up

Guidelines - Do 2-3 times the series of exercises. Take rest as needed.

Remember to hydrate yourself.

Video: <https://youtu.be/aTvqrcICHy4>