

Swim Manitoba - At Home Workout Challenges

Workout #3- Quadzilla Challenge (full video: <https://youtu.be/SN42haFDXlo>)

- A1. Body Weight Squats 10X - <https://youtu.be/H-7m-cFYHlc>
 - A2. Alternating Lunge Jumps 10X/leg - <https://youtu.be/aE0hp1QZoU8>
 - A3. Alternating Reverse Lunges 10X/leg - <https://youtu.be/LLuvClvGnOw>
 - A4. Squat Jumps 10X - <https://youtu.be/fNCf0MCnzVI>
 - A5. Body Weight Step ups 10X/leg - <https://youtu.be/umEuhQTGTOY>
 - A6. Lateral Lunges 10X/leg - <https://youtu.be/q1OE1uNUQ54>
 - A7. Rear Foot Elevated Split Squats 10X/leg - <https://youtu.be/7TMQnkyF2Do>
 - A8. Lateral Skaters Bounds 10X/leg - <https://www.youtube.com/watch?v=eAVfYEnND2w>
- Guidelines - Equipment needed - your body. Perform 10 reps of each exercise A1-A8. Rest 90-120s. Repeat 3-4 rounds of this challenge. If performing 3 rounds you will have completed 360 repetitions. If performing 4 rounds you will have completed 480.**

Workout #4 - Tempo Torture Challenge (full video: <https://youtu.be/7RjKT9nniCo>)

- A1. Slow Rear Foot Elevated Split Squats 3X5/leg (10s lower/10s lift) - <https://youtu.be/7TMQnkyF2Do>
- A2. Push Ups 3X5 (5s lower/5s lift) - <https://youtu.be/DDegcXj0CBs>
- A3. RKC Plank Hold 3X5 (10s hold/5s rest) - <https://youtu.be/5MmgDWvmZ54>
- B. Lower Body Circuit 1X - <https://youtu.be/1PgJb6dwJ6U>
- C1. Squat Hold/Body Weight Squats 3X3 rounds (10s hold at bottom/10 reps) - <https://youtu.be/H-7m-cFYHlc>
- C2. Prone Swimmer Hover 3X5 (5s in each direction) - <https://youtu.be/alp85lisctg>
- C3. Hollow Hold 3X5 (Hold 10s/rest 5s) - <https://youtu.be/qj6SGlZzcRo>
- D. Lower Body Circuit 1X
- E1. Plank with Arm Raise 3X8/side (hold at top for 3s) - <https://youtu.be/fh8Bec8iGvk>
- E2. Alternating Side Plank Hold 3X8/side (hold for 3s) - <https://youtu.be/1ZUDVfgCul0>
- E3. Alternating Glute Bridge March 3X8/side (hold for 3s) - https://youtu.be/_75pqBuUplA
- F. Lower Body Circuit 1X

Guidelines - Perform the strength exercises as a 3-exercise circuit (A1 to A3) for 3 rounds. Move onto B and perform 1 set then move onto the B's. Rest as needed. This is not a timed challenge.