

GHAC Quaranteam Indoor Workout #1

[Video Click HERE](#)

Disclaimer

The following activity is a recommendation to stay active during this period away from the pool. Please exercise caution when doing all exercises as a coach is not present. If any exercise causes pain, stop immediately.

HIIT Workout

Complete 2, 3, or 4 Rounds depending on your level of fitness

Duration	Exercise	ROUND 1	ROUND 2	ROUND 3	ROUND 4
45	BURPEES				
15	REST				
45	MOUNTAIN CLIMBERS				
15	REST				
45	JUMP SQUATS				
15	REST				
45	PUSH UPS				
15	REST				
45	LUNGES				
15	REST				
45	HIGH KNEES				
15	REST				
45	PLANK				

Rest in between rounds for 1-2 minutes.

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