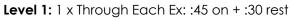


Directions:

- →Option 1: Play until you get SWIMO
- →Option 2: Play to clear the board
- \rightarrow **Option 3:** Play for X min



Level 2: 2 x Through Each Ex: :30 on +:15 rest

Level 3: 3 x Through Each Ex. :20 on +:10 rest



<u>Link to Swimo Caller</u> <u>Link to timer</u>

S	W	I	M	0
Situps	Jumping Lunges	Squats	Delta Push Ups	Push Ups
Reverse Crunch	High Knees	Donkey Kicks	Supermans	Elevated Leg Pushups
Bicycle Crunches	Mountain Climbers	Tuck Jumps	Fire Hydrant	Plank Up Downs
Flutter Kicks	Plank Tuck Jumps	Elevated Leg Lunges	Alt Arm/Leg Plank	Plank Shoulder Taps
Leg Raises	Reverse Lunge Kick	Tricep Dips	Reverse Angels	Incline Pushups