

Swimo Workout

Directions:

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



Level 1: 1 x Through Each Ex: :45 on + :30 rest

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

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



[Link to Swimo Caller](#) [Link to timer](#)

S	W	I	M	O
 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