

TWOD

'TOO POOL FOR SCHOOL'

SWIMMING:

- 20 LAPS FREESTYLE

* GET OUT OF THE POOL AND DO:

4 SETS:

- 20 PUSH UPS

- 20 DIPS

- 1 MINUTE PLANK

- 20 LAPS BREAST STROKE

* GET OUT OF THE POOL AND DO:

4 SETS:

- 20 PUSH UPS

- 20 DIPS

- 1 MINUTE PLANK