



# SWIM CORD ROUTINE

WORKOUT 1

SESSION LENGTH ~25 MINUTES

EQUIPMENT: STRETCH CORDS, STABILITY BALL

## ROUND 1

6X

40 second pull, 20 second kick  
30 second rest

## ROUND 2

6X

30 second pull, 15 second kick  
30 second rest

## ROUND 3

6X

20 second pull, 10 second kick  
30 second rest

During each round, perform 3 different types of pulls, 2x each, with kicking intervals in between

Round 1 looks like this:

40s single arm pulls, 20s kick, 30s rest

40s double arm pulls, 20s kick, 30s rest

40s full stroke pulls, 20s kick, 30s rest

40s single arm pulls, 20s kick, 30s rest

40s double arm pulls, 20s kick, 30s rest

40s full stroke pulls, 20s kick, 30s rest

