

Outdoor Pool Workout



Quick and Easy Exercise!

- 20 Squats
- Swim 1 Lap
- 15 Push-ups
- 25m Freestyle Swim x3
- 15 Squats
- 25m Freestyle Swim x3
- 15 Push-ups

It's getting warmer outside and pools and beaches are starting to open back up. If you want a quick workout while taking a dip, then look no further!

