



# COMMONWEALTH GAMES CHALLENGE

## WEEK 4 – DRY LAND SWIMMING

**Try this dry land swimming circuit!**

**10 arm swings in each direction (front, back, monkey, double front, double back)**

**10 leg swings (front-back, side-to-side)**

**30 jumping-jacks**

**10 dead-bugs**

**30s hip bridge hold**

**30s front plank**

**60s jumping rope**

