

HAVE A WHALE OF A WORKOUT! 8/2/20

WARM UP

2x [50 KICK, 75 DRILL, 100 DISTANCE PER STROKE]

MAIN SET:

100, 200, 300, 400, 300, 200, 100

- BUILD INTO SET

- CHALLENGE: TRY THIS SET T.M.!!

WARM DOWN:

100-300 EAST

