

International Day Against Homophobia, Transphobia, and Biphobia Workout

HARD

HARDER
WARM UP

HARDEST

Repeat 2x 50 free 50 breast 50 back 1 min rest	Repeat 2x 100 free 100 breast 100 back 1 min rest	Repeat 2x 150 free 150 breast 150 back 1 min rest
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MAIN SET

Repeat 4x 50 kick on 3:00 (Dolphin, Back, Breast Free Kick) 0:30 plank after 25

Repeat 4x 50 pull on 3:00 (Free, Back, Breast Free) 10 air squats after 25
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Repeat 2x 100 IM on 5:00	Repeat 2x 200 IM on 5:00	Repeat 2x 300 IM on 5:00
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COOL DOWN

100 free	100 free	100 free
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