Title: Cardio – Swimming

Primary Muscle Groups: Chest, Glutes &amp; Hip Flexors, Hamstrings, Middle Back / Lats, Neck &amp; Upper Traps, Quadriceps, Shoulders

Secondary Muscle Groups: Abs, Biceps, Obliques, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">(First time? Try practicing in shallow water.) Once in the water, begin by pushing yourself into a horizontal position. Move your bent right arm up from behind you and dart it forward into the water. You won’t make a full circle.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push yourself through the water as you simultaneously bring your left arm up in a bent position. Once it is next to your ear, dart it forward and again, push the water underneath you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat on each side, alternating back and forth. At the same time, kick with medium strokes in an alternating pattern.</span></li>

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