

SWANSEA CITY FC LOCKDOWN HOME WORKOUT PLAN

	WEEK 1	WEEK 2	WEEK 3
MONDAY	WORKOUT 1	WORKOUT 5	WORKOUT 8
TUESDAY	10,000 STEPS	WORKOUT 6	10,000 STEPS
WEDNESDAY	WORKOUT 2	10,000 STEPS	WORKOUT 9
THURSDAY	10,000 STEPS	WORKOUT 7	10,000 STEPS
FRIDAY	WORKOUT 3	10,000 STEPS	WORKOUT 10
SATURDAY	10,000 STEPS	Rest	10,000 STEPS
SUNDAY	Rest	10,000 STEPS	Rest

