

SWARM TACTIX - 1

Introduxion

Swarm tactics are ultimately an effective force due to the power of sheer volume. Just when you think you've conquered your enemy, in comes yet another wave to wear you down. Well, in this workout you'll face the equivalent. Three innocent exercises on their own, become a force to be reckoned with as the reps you perform of them mount. Will you rule the hive...or will the swarm overtake you? Let's find out.