

SWARM TACTIX - 2

Introduxion

Can you hear the buzz already? It's back and even nastier than before...prepare for the swarm! 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, and different from the ones you encountered earlier in the week, 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.