

SOLON SWIMMING

Dryland Routine 11

Group 1:

2-3x:

- Staircase (or bench) pistol squat – 8-10 each leg
- Staircase (or bench) push-up – 10-12
- Bodyweight split squat – 12x20 each leg
- Resistance band pull apart – 12-15
- Medicine ball hip bridge – 12-15
- Resistance band rows – 10-12
 - Note: exercises must be done as superset pairs

Group 2:

2-3x:

- Low step upper body walk-ups (or regular) – 10-12
- Medicine ball dead bugs – 12
- Side plank with rotation – 10 each side
- Extended bird dogs – 10 each side
- Medicine ball sit-up reach-up – 12-15
- Prone superman – 12-16 alternating (hold each for :03)
 - Note: exercises must be done as superset pairs

Group 3:

2-3x:

- Mountain climbers
- Air squats or squat-to-squat jumps
- Jumping jacks or seal jacks
- Russian twists or Russian twist with a medicine ball
 - Note; :30 on/:30 off or :45 on/:15 off

Group 4:

4-6x:

- Jump rope - :30 on/:30 off or :45 on/:15 off
- Medicine ball slams – 10-12