

Dryland Exercises for Swimmers

Plyometric Cardio Exercises

- + Ski Jumps
- + Stationary Running
- + Basketball Jumps
- + Jumping Jacks
- + Suicide Drills
- + Butt Kicks
- + Heisman Drill
- + Mountain Climbers
- + High-Knees
- + Mummy Kicks
- + Side-To-Side Jump ropes

Power and Resistance

- + Globe/Around-The-World Jumps
- + Power Squats
- + Power Lunges
- + Frog Jumps
- + Diamond Push-Ups

Core Strength

- + Slope/Ski Abs
- + Power Knees
- + Crab Walks
- + Leg Throws
- + Leg Raises
- + Crunches @ 30/60/90 Degree Angles
- + Twists
- + Burpees
- + Inch Worm
- + Planks
- + Reverse Crunches
- + Plank Runs