

SWIMMER Dryland Style Workouts – Option 2

Warm up:

1min Jog in place

1min Cross Body Punches

1min Jump rope

1min Cross Body Uppercuts

2 sets of 10-12 repetitions

Circuit 1 (repeat twice)

- 1 Wall Sit – 45 secs
- 2 Burpee Jump tucks – stand, jump out to push up position, jump up to stand with jump knee tuck.
- 3 Squat into Lunge (alt left/right)
- 4 ABC pushup (plank with opposite shoulder touches through the alphabet)

Cardio & Core Blast – repeat 1 min

- 1 *4 Ladders, 4 Jump Jacks, 4 Plank Jacks (simulate 4 ladder climbs, into 4 jump jacks, into 4 plank jacks with legs jumping in and out, repeat)*
- 2 Plank, elbow punches – in plank switch from left to right punching forward
- 3 Army Crawl planks 4 forward, 4 back – in plank on elbows crawl forward 4, then back 4.
- 4 Streamline Flutter Kicks – on back with arms in streamline, flutter kick with pointed toes

Circuit 2 (repeat twice)

- 1 Lunges - Forward/Back
- 2 Chair Triceps dips – seated just off the edge of a chair with elbows back dip below seat and back up.
- 3 Step ups – Chair/Bench
- 4 Bungee/band bicep curls.