

SWIMMER Dryland Style Workouts – Option 3

Warm up:

1min jog in place

1min speed skaters

2 sets of 10-12 repetitions

Circuit 1, 45sec each (repeat)

1. Burpee – 1 leg – stand, jump out to push up position on one leg, jump up to stand with jump, and repeat other leg.
1. Walk out – 2 pushups, repeat – stand then slowly walking out to push up and down, then walk back.
2. Lunges – watch to not let knees pass toes
3. Back Row – band/weight – start a lawn mower motion on both sides.
4. Wall Sits, put back on the wall and slide down where legs are at 90 degrees while raising heels off the floor. – 30 sec

CORE: - 45 secs each 1 set

1. Basic crunches – on back fold up for 2 count, down for 2 count.
2. Streamline Flutter Kicks – on back with arms in streamline, flutter kick with pointed toes
3. X Crunch – on back arms and legs wide, fold and cross fingers to opposite toes
4. Plank – Alt. opposite Arm/Leg lifts – in plank lift opposite side arm/leg, switch to other leg/arm combo
5. Flutter Kick on Side - on side with arms in streamline, flutter kick with pointed toes
6. Heel Taps on back – on back with knees up and heels close to butt rock side to side reaching for heels for a 2 sec hold.
7. Dead Bug – on back with knees and 90 degrees, no back arching, marching motion tap one foot, then the other.
8. Knee-ins, outs – seated position, extend both leg, then back into a knee up, repeat.
9. Pushup to Plank, push up position, down to plank, back to push up position.
10. Side plank (hip dips) – on side dip hips down then up, repeat.

Circuit 2, 45 sec each (repeat)

1. Side Squats - Alternate Left/Right – Squat, step left, squat, step right
2. Reverse Plank – Donkey Kicks – on back with hands at side lift butt off group and hold
3. Walking Lunges, with twist – lunge, then twist right side, lunge, twist right side
4. Triceps Kickbacks – Bands/weights – with elbows locked at sides, kick arms back then down
5. Bicep Curls – bands/weights