

## SOLON SWIMMING

### Dryland Routine 12

(colors = superset)

#### Circuit 1 (bodyweight):

- Feet-elevated pike pushup 4x12
- Alternating split squat jump 4x10 each leg
- Spiderman crawl 6x10
- Spiderman pushup 6 each leg
- Single-leg box squats 6x6
- Alternating side-plank 4x5 (hold each position for :03-:05)

#### Circuit 2 (bodyweight):

- Siff squat 6x15
- Prisoner hold jump squats 6x15
- Feet-elevated pike pushups 4x8
- Alternating split squat jumps 4x5 each leg
- Salute planks 3x5 each arm
- Body saw 3x:30

#### Circuit 3 (pull-up bar):

- Pull-ups 5x8
- Feet-elevated push-ups 5x15
- Skater squat 4x10
- Single-leg box squats 4x10
- Lateral squat 4x10 each leg
- Burpees 4x10

#### Circuit 4 (pull-up bar):

- Wide-grip pull-ups 5 sets to failure
- Single-leg box squats 4x12
- Hip/thigh extension 4x12
- Push-ups + overhead reach 4x6 each side
- Forward crawl 5x:30

#### Circuit 5 (pull-up bar):

- Double leg curl 6x8
- Feet-elevated pushups 5x8
- Chin-ups – 5x8
- Alligator drags – 4x10

#### Circuit 6 (bodyweight):

3x (exercises in red only):

- Squat to stand 10
- Alternating lunges (with hands behind head) 10 each leg
- Lateral lunges (hands in front) 10 each leg
- Glue bridge march 2x10 each leg
- Pushups 2 sets to failure
- Bulgarian split squat 2x12 each leg
- Donkey kicks 2x12 each leg
- Plank to pushup 2x12
- Straight leg situp 2x10

#### Circuit 7 (dumbbells):

- Bulgarian split squats 2x6 each leg
- Single arm dumbbell floor press 2x8 each arm
- Dumbbell row 2x10 each arm
- Goblet squat 2x20
- Dumbbell pushup 2 sets to failure
- Bentover reverse fly 2x12

#### Circuit 8 (valslide or scooter):

2x (all exercises):

- Sliding reverse lunge 2x15
- Bodysaw 2x15
- Pushups 2x15
- Sliding leg curls 2x15
- Sliding pike 2x15
- Sliding mountain climbers 2x15 each leg

#### Circuit 9 (bodyweight):

As many times as possible for 20:00:

- Pushups 10
- Straight-leg sit-ups 10
- Bodyweight triceps extensions (from floor or elevated position) 10
- Plank :30

#### Circuit 10 (bodyweight):

- Bulgarian split squat jumps 3x6 each leg
- Bulgarian split squat countdowns 2x21
- Straight-leg sit-ups 2x15
- Glute bridge v walkouts 2x6
- Straight-leg reverse crunch 2x12