

## SOLON SWIMMING

### Dryland Routine 13

Push-ups:

2x:

- Pike – 8-12 @1:00 rest
- Knee to elbow – 8-12 @1:00 rest
- Diamond – 8-12 @1:00 rest
- Wide – to failure @2:00 rest

Pull-ups/Rows:

- Wide overhand grip 6-10 @1:00 rest
- Close underhand grip 6-10 @1:00 rest
- Biceps to lat 6-10 @1:00 rest
- Biceps to lat (hold each position for :03-:05) – to failure @2:00 rest

2x:

(superset these exercises)

- Prone arm circles @:30
- Easy bridge hold @:45
- @1:00 rest

3x:

(superset these exercises)

- Jumping lunges @:30
- Deep squat hold @:45
- 1:00 rest