

**March 23-29, 2020**

**TVA SWIMMERS. Parents strongly encouraged joining kids! KEEP IN SHAPE, BEAT THE VIRUS!**

*Push Ups – Deep. Chest all the way down to ground within 2 inch of touching the floor. If difficult to do. Go for push up from your knees*

*Jumps - High up, max each one*

*Sit Ups - Elbow touching knees each time. Legs at 90-degree angle with back flat on the floor.*

Warm up before dryland exercises for each group

1-2 mile run/fast walk + stretch 3-5 minutes before starting the main dryland

**OR**

3x (20 Jumping Jacks, 5 Push-ups, 20 Burpees, 30 sec Plank hold) 45”rest between each warm up set. + stretch 3-5 minutes before starting the main dryland

If you have not ordered dryland cordz. Please [ORDER HERE](#) **ONLY Silver and above groups!**

**Pre-Development- Development group:** Do this dryland exercise 3-5 days a week

2x (7 push-ups, 12 jumps, 7 push-ups, 15 sit-ups) with 2 min rest between those 2 sets

(10 seconds rest between push-jumps-push-sits)

2x plank position hold (25 seconds ON, 60 seconds OFF)

2x (7 push-ups, 12 jumps, 7 push-ups, 15 sit-ups) with 2 min rest between those 2 sets.

10-15 min [stretching](#)

**Silver-Silver Elite groups:** Do this dryland exercise 3-5 days a week

2x (10 push-ups, 12 jumps, 10 push-ups, 20 sit-ups) with 2 min rest between those 2 sets

(10 seconds rest between push-jumps-push-sits)

3x plank position hold (25 seconds ON, 60 seconds OFF)

2x (10 push-ups, 12 jumps, 10 push-ups, 20 sit-ups) with 2 min rest between those 2 sets

6x 25 Fly **stretch cordz** on 90” sec rest between each set. **SILVER color-light resistance**

(easy speed-medium tension, press all the way back to hip level, relax going forward, Technique!!)

10-15 min [stretching](#)

**Gold group:** Do this dryland exercise 3-5 days a week

2x (12 push-ups, 15 jumps, 12 push-ups, 25 sit-ups) with 2 min rest between those 2 sets

(10 seconds rest between push-jumps-push-sits)

4x plank position hold (30 seconds ON, 60 seconds OFF)

2x (12 push-ups, 15 jumps, 12 push-ups, 25 sit-ups) with 2 min rest between those 2 sets

8x 25 Fly **stretch cordz** on 90" sec rest between each set. **YELLOW color-medium/light resistance**

(easy speed-medium tension, press all the way back to hip level, relax going forward, Technique!!)

10-15 min [stretching](#)

**Pre-Senior – Senior groups:** Do this dryland exercise 5 days a week

2x (15 push-ups, 15 jumps, 15 push-ups, 25 sit-ups) with 2 min rest between those 2 sets

(10 seconds rest between push-jumps-push-sits)

4x plank position hold (30 seconds ON, 60 seconds OFF)

2x (15 push-ups, 20 jumps, 15 push-ups, 30 sit-ups) with 2 min rest between those 2 sets

**Cordz** easy FLY: 30" rest 2x (20-30-20-40) 30" sec plank hold between 2 sets

6x 40 on 1:40 Fly medium speed and power

4x 20 on 1 min Fly all out speed and power

10-15 min [stretching](#)

[Stretch Cordz:](#) **GREEN color and above (what you have been using this season so far)**

## **FUN STUFF**

Challenge family members who can do the most: SIT UPS in 30" seconds

PUSH UPS IN 30" seconds

Winner takes one scoop of Ice Cream!!!

Hint:

Next week we will be adding some Pull ups into our dryland. Locate a [pull up bar near by](#) if you can.