



# PANAMA CITY SWIM TEAM

**At Home Dryland for Junior Group and above  
Tuesday, March 24, 2020**

**Focus:** Lower Body and Core

**Time:** ~30 Minutes

**Equipment Recommended:** Water Bottle, mat/towel, watch

## 1. Warm Up:

- a. Do Warm Up Routine 1: Dynamic Warm Up (see video and accompanying PDF for all the exercises/movements with Dynamic Warm Up)

## 2. 5 minutes Running/Jogging

- a. Do this however works best for your situation (i.e. treadmill, neighborhood, backyard, etc.)
- b. If you can't run, try one of these alternative cardio exercises to get your heartrate up
  - i. Jump rope
  - ii. Jumping jacks
  - iii. Stair climbing
  - iv. Biking/cycling

## 3. Lower Body Lunge Circuit

- a. Go through the following circuit 3 times
- b. Move straight through each round, no rest in between exercises
- c. Take rest in-between rounds (about 1 minute), making sure to hydrate while resting
- d. Exercises demonstrated in "Lower Body Lunge Circuit" video

10x Body weight squats  
10x Forward Lunges (5 each leg)  
10x Side Lunges (5 each Leg)  
10x Reverse Lunges (5 Each Leg)  
10x Calf Raises (with a 1 second pause at the top)  
1 minute rest/hydrate

} x3

## 4. V-Core Circuit

- a. Go through the following circuit 3 times
- b. Use a mat/towel to do your core work on
- c. Be sure to make full range of motion on each exercise (especially the V-Ups)
- d. Emphasize doing each exercise with power and pop, not just going through the motions
- e. Exercises demonstrated in "V-Circuit 1" Video

10x Full Sit Ups  
10x Leg Lifts (both Legs)  
5x V-Ups  
:30 Rest  
10x Full Sit Ups  
20x Leg Lifts (both Legs)  
5x V-Ups (pass something like a water bottle between hands and feet)  
1:00 Rest

} x3

## 5. Cooldown/ Choice Stretching

- a. Spend some time stretching legs, abs, and low back. Its been awhile since many of us have worked out. Stretch now to help with soreness later. And HYDRATE!!!