Circle C Select Swim Strength and Conditioning Exercises

Week 14

**Back Extensions:**  Using an exercise ball legs will be straight with toes bent. Hands will be at behind your head. You will bend at your waist towards the ball/ground then back to the straight position. Keeping your legs straight and using your waist not knees to move.

**Basketball Jumps:** Pretend that you are bending over to pick up a ball in front of your legs. Bend your knees and jump up to shoot a jump shot. Be sure to finish your jump with straight legs and arms over your head.

**Belt Kicks:** Hands on your belt (waist), feet shoulder width apart. Squat down stand up and kick your leg out in front at belt height. Alternating leg kicks with each squat.

**Butt Kicks:** Jogging in place with feet behind you, stay moving at all times trying to have each step kick your butt. Glance in front and try to keep on foot on the ground at all times.

**Cone Drills:** Set seven cones, erasers, shoes, flower pots, anything that you can use as an obstacle course in an H pattern. We will be creating the letters M, N, I, T, Y, with your pattern of moving through the cones. Touch each cone that creates the letter as you move through each pattern at a pace that is appropriate to you. You will start with a walk, working up to skip, jog, sprint or shuffle. Challenge #1: complete each letter with your movement pattern, change the order of the letters and repeat. Challenge #2: cardiovascular challenge, try facing the same direction as you create each letter and move the cones farther apart. If you’re working with a partner and like a little competition, time yourselves going through the pattern, or trade off turns for each letter.

**Core Climber:** Using an exercise ball. Start in a plank position with arms bent and resting on the ball, hands clasped, legs extended straight with bent toes. Pull right knee up to touch ball, left leg is extended straight and toes bent on the ground. Then quickly return to starting position. Now you will repeat the movement with the left leg touching the ball then back to starting position. This is 1 rep.

**Cross Jacks:** Similar to jumping jacks. Instead having both arms finish above your head you will alternate arms. They will swing from your side taking turns. The legs do the regular jumping jack motion.

**Floor Sprints:** In push up position. In pushup position keeping your hips down and core tight, and knees down. Bringing your knees towards your chest in a running motion, be sure to fulling extend your legs at the end of the ‘step’.

**Floor V-pushups:** Start out in push-up position. Walk your legs towards your hands until you are in a V with your shorts in the air. Fingers are pointing inward toward each other with elbows pointing out. You are going to bring your whole body down bending your elbows then pushing back up. Do not bounce or bend your head under in a dip, be sure to bend your elbows.

**Flutter Kick:** Lying on your back, arms in streamline above your head with your butt on the ground. Lift your feet off the ground and flutter kick fast for 30 seconds.

**Globe Jumps:** Place a washcloth or 12-inch square on the ground. Starting at the top right corner, you will jump in a clockwise direction, stopping at each corner.

**Heisman Move:** This exercise is a side to side movement. Right knee is raised 90 degrees and right elbow touches, keeping back as straight as possible. Lower right foot then step to the left two steps. Pick up your left leg with knee bent at 90 degrees and left elbow touches, keeping back as straight as possible. Put your foot down and two steps to the right and repeat. Rounds 2 and 3 are faster.

**High Knees:** Legs in front with knees coming up 90 degrees. Arms bent 90 degrees in front and relaxed. Be sure to land softly, run with your back straight and core tight.

**Hit the Floor:** Start with arms up above your head, legs shoulder width apart. You are going to shuffle one step to the right, with arms in the air above your head, then hit the floor with your left hand, and be sure to bend your knees. Then going to shuffle one step to the left, with arms in the air above your head, hit the floor with your right hand, and be sure to bend your knees. Keep repeating and be sure you are bending

**Hurdle Jumps:** Running in place. Every 3 seconds you will be jumping to the side. Leading with the foot of the direction you are moving. If jumping to the right, then you will pick up your right leg and jump to the right, then continue running in place for 3 seconds. Then pick up your left leg and jump to the left, then continue running in place.

**In/Out Abs:** In pushup position. Same as Ski Abs except this time your jump your feet together up to your chest and then back straight out to pushup position.

**Jogging in Place:** Be sure you are picking up your feet arms bent and relaxed. Good form with back straight and core tight.

**Jumping Jacks:** Stay light on your feet and off your heels, starting with hands at your sides and feet together. You will jump out with feet going shoulder width apart and hand touching above your head with straight arms. Then hands back to your sides and legs back together. This is “1” exercise.

**Level 1 Drills:** 4 pushups, running in pushup position, 1 power squat

**Log Jumps:** You can place a towel or roll on the ground. You are going to jump over from side to side. Leading with the leg that is closest to the object and jumping from your toes.

**Moving Pushups:** Fold up the towel you used for Globe Jumps. You will do a pushup on the right side with the towel inside your arms, right thumb next to the towel. You want the thumb of the hand next to the towel. Then hand walking your body across to where the towel is next to the left hand thumb, do a pushup. Then walking your body back across to the right side and repeat.

**Mummy Kicks:** Arms straight in front. They will be scissoring back and forth parallel to the ground. While your legs are staying straight and doing small kicks in front staying on the balls of your feet, not heels.

**Power Jacks:** Similar to jumping jacks except that you slightly pause at the bottom with bent knees and arms bent and wide (arms look like a wide U). You then power strong up in your jump bringing your arms up above your head and legs straight.

**Power Jumps:** Knees bent and arms at shoulder level in front of your body. You are going to bring your knees up in a jump towards your chest keeping your back straight. When your knees are at the top of your jump you will touch your hands on your knees. Use your core to bring your knees up to your hands.

**Power Squats:** These are similar to the power jacks. The difference is you make sure you keep your butt over your heels, start with the sitting position, back straight and core tight. Arms are bent with elbows at your sides and arms in front. You power up with your legs into a jump, arms stay bent with hands ending up by your head as the help you to power up.

**Prone Cobra:** Using an exercise ball. Lay on the ball with your legs straight and toes bent. Arms will be hanging down beside the ball. Tighten up your core while you left your arms straight out to your sides like you are making your body an airplane. Hold for the count of 5. Then lower your arms back to the sides of the ball.

**Russian Twists:** Lay down in sit up position. Then pick up your legs and cross them at the ankle. Keeping your feet off the ground while you sit up, this is ready position. You will hold a ball and twist from side to side at your waist touching the ball to the ground on each side.

**Side Steps:** Bend your knees to keeping your shorts down and hands in front. You will slide the outside foot in the direction you want to go and then shuffle the other foot to meet the first foot that moved. Repeat and move down the sidewalk.

**Ski Abs:** In a pushup position. Knees stay together and you swing them up to the right arm with a jump. Then back out to plank position. Then you keep knees together and swing your legs up with a jump to the left arm with a jump. Go back to pushup position.

**Ski Down:** Just like you are on skies with legs together and poles in your hands. You are jumping side to side. If you are going down a “Bunny Hill” you will use your arms to help you jump side to side. To go down a “Blue Hill” you will keep your arms closer in and barely use them to jump side to side. To go down a “Black Diamond” arms are held bent and tight to side, using only your legs for the jump. To do the jump, think about a line on the ground that you are jumping from right to left over. Be keep yourself straight.

**Suicide Drills:** Try to keep up speed. You should be shuffling about 10 feet before your touch. The exercise is to side shuffle in one direction keeping your knees bent and then touch the ground with the outside hand. Keeping your shorts down in a sitting position you will shuffle to the other side touching the ground with the outside hand. Be sure you are not crossing your legs on the shuffles. Feet should be hitting each time.

**Superman:** On your stomach. In a streamline position, lift your head, hands and feet up an inch or two off the ground, hold for a count of 3, then lower your arms and legs.

**Switch Kicks:** Standing tall. You will keep your legs and arms straight. Moving right arm and leg forward then back to starting position and then do the same with the left side. Best was to describe it is running with straight legs and arms in place. Keep moving on the balls of your feet do not use your heels.

**Triceps Dip:** Siting on the floor, hands pointing to your shorts, knees bent in front of you with feet flat on the ground. Push your shorts up off the ground. Now you will bend your elbows lowering your shorts to the ground but do not touch the ground, then push shorts back up. You will not go to a straight position. Stay like you are sitting in a chair suspended in the air. If this hurts your shoulders or forearms, turn your fingers away from your body.

**Vertical Jumps:** Feet shoulder width a part width your hands at your sides. Use your arms to drive your jump high. Be sure to bend your knees and drive hard to the sky landing softly on your feet.

**Vertical Mountain Climbers:** Standing up you will run in place with high knees and arms extended to the sky. Your arms will ‘climb’ a rope as you are running in place. Arms that is climbing is the leg that is up.