Circle C Select Swim Strength and Conditioning Exercises

Week 10

**Arms Out High Knees:** Legs in front with knees coming up 90 degrees. Arms are held straight out to your sides at shoulder height. Be sure to land softly, run with your back straight and core tight.

**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.

**Burpees:** Standing straight up hands on hips. You will go down like doing a frog leap. Placing your hands on the ground and will extend your feet out behind you in a little jump. Then quickly go back to the frog position and then jump straight up with arms extended above your head.

**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.

**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.

**Crunches:** Feet off the ground with your knees bent 90 degrees. Arms crossed over your chest with a hand on each shoulder. Tighten your abs as you sit up go only as far as it takes for your elbows to touch your knees.

**Dead Bugs:** Ready position is lying on your back with arms straight point to the sky and knees bent in 90 degree angle. You will go opposite arm and leg for the movement. Example: Right arm stretches straight above your head parallel to the ground while the left leg straightens out. The arm and leg do not touch the ground. Then the arm and leg go back to ready position then repeat with the other arm and leg combination.

**Dolphin Kick:** Lying on your back, arms in streamline above your head with your butt on the ground. Lift your feet and keeping your feet together for a small, fast, dolphin kick, moving from your hips.

**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.

**Falling Pushup:** Knees are wide and elbows are on your knees. From this position you will fall forward and perform your pushup. Keeping your knees bent as they were when you were in an upright position and your elbows inside of your shoulders when doing pushup. Then push back up to the starting position with legs bent (almost a squat position with your legs) and elbows on your knees.

**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’.

**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.

**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.

**Leg Lifts:** Type #1: On your back legs straight. Tighten up your core and left your legs about 6 inches off the ground at the same time. Hold to the count of 5. Type #2: On your back legs straight. Tighten up your core and left legs individually about 6 inches off the ground. Lay the leg down and the do the other leg the same way.

**Lemon Squeeze:** You need a mat or a couple of towels to sit on or the hard floor will hurt your tail bone. Level 1: Sit up with right hand to touch your left knee which is bending up to meet your hand. Then go back down flat and straight on the ground with hands above your head. Then sit up and left hand will touch a bending right knee and then you will lie back down flat and straight on the ground. Level 2: When sitting up bring both arms up and both knees up to meet at the same time. Then lay back down in a straight position.

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

**Level 3 Drills:** 8 pushups and 8 floor sprints (running in place in push up position)

**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.

**Lunges:** Start from a standing position and take a big step forward with one leg so that the knee does not extend beyond the toe line. Allow the trailing knee to almost or light touch the ground. Stand back up and repeat with the other leg.

**Mountain Climbers:**  Down on the ground with hands shoulder width and feet flat on the ground. Your body is in a V with your shorts in the air. Move one foot at a time towards your hands then the other, with a kind of jumping motion without taking your hands off the ground.

**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.

**Oblique:** Lying on your side. Bottom leg is bent and laying on the ground. Top leg is bent with foot flat on the ground. The leg that is bent and up is the side you will be working. Place your hands behind your head. You are going to get your shoulder off the ground while you are squeezing your obliques (side muscles) trying to touch that knee with the coordinating arm. Do not have to touch the knee just move in that direction tightening the muscles.

**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 Pushup:** Keep your core and glutes tight and maintain the streamline of your core. Keep your hips in line, not a V with the shorts pointed in the air. In correct position you should be able to have a plate of spaghetti on your back without it spilling. Keep hands right outside of your shoulders and legs straight using your feet NOT your knees. Push up really hard the last ½ of the pushup motion and stand up. Then go back down do your pushup and jump up.

**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.

**Pushups:** Keep your core and glutes tight and maintain the streamline of your core. Keep your hips in line, not a V with the shorts pointed in the air. In correct position you should be able to have a plate of spaghetti on your back without it spilling. Keep hands right outside of your shoulders and legs straight using your feet NOT your knees.

**Pushup Jacks:** Start in pushup position with feet inside your shoulders. As you go down to do your pushup you will jump your feet out past your shoulders to a wide stance. As you come up the feet will jump back to the middle.

**Scissor 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 dame with the left side. Best way 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.

**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.

**Sit ups:** Lay on your back with your knees bent and feet flat on the ground. Hands are crossed over your chest with a hand on each shoulder. Tighten your core when sitting up to touch you elbows to your knees. Keep your feet flat and try your best not to move them. Then lay back down.

**Straight Arm Jacks:** You will do jumping jack, with a different arm movement. Your arms will not go below your shoulders. They will go from bent elbows even with your shoulders to reaching above your head and hands touching. The difference between this movement and the regular jumping jacks is that your arms do not go straight and they do not go below your shoulders.

**Squats**: Stand with your feet slightly wider than your hips, feet facing forward. Look straight ahead with your arms out in front of your body. With chest out, shoulders back, and abs tight, slowly lower your butt down as far as you can. Make sure your knees do not push forward past your toes. Weight should be in your heels, not your toes. Return to starting position, without rounding your back as you stand.

**Jump Squats:** start in regular squat position. Jump up reaching for the sky and landing in squat position.

**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.

**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.

**Wide Ab Push-ups:** Keep your core and glutes tight and maintain the streamline of your core. Keep your hips in line, not a V with the shorts pointed in the air. In correct position you should be able to have a plate of spaghetti on your back without it spilling. Keep hands WIDE outside of your shoulders and legs straight using your feet NOT your knees.