**Circle C Select Swim Strength and Conditioning Exercises**

**Week 6**

**Attack:** Going down into a lunge position turned to your side arms up in punching motion. You will throw 2 punches then jump lunge to the other side and throw 2 punches. When you throw the punch you will go down into lunge positon. You will bring our feet together on a jump when the extended arm comes back into your body. Use your legs for power.

**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.

**Balance Pushups:** Take your time with this exercise. Start in pushup position. Go down and do a pushup. As you come back up lift your right arm and right leg. The arm stretches forward and the leg reaches back. Put both back in pushup position. After the next pushup repeat the extra movement using the left arm and leg this time. Always ending in pushup postion.

**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.

**Bird Dog Tubing Pulls:** Start on hands and knees, with arms straight down from shoulders and knees straight down from hips. Extend the opposite arm and leg horizontally. Grasp the tubing handle and do a nice high elbow freestyle pull with a slight body roll towards the working arm, about 45 degrees max. Switch sides after 10 pulls. Can you anything that stretches if you do not have exercise ropes.

**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.

**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.

**Diamond Jumps:** Start with your arms crossing your body at your waist. You will jump up while moving your arms in a swinging motion to meet above your head in streamline. The legs will jump but the knees bend and feet try to touch forming a diamond in shape with legs bent and feet touching. Then land and repeat the motion.

**Floor Hops:** In pushup position you will bring your legs bent and swing/hop them from one side to the other. You will be swinging at your waist but keep your hands flat on the ground.

**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’.

**Football Runs:** Start with your knees bent, back straight and hands in front with palms facing out. Going in to a ‘fast feet’ run in place. Move to the right 3 feet, then to the left 3 feet, then back 3 feet. After moving back on fast feet you will go down into a low lunge with one leg back. Hold this position and feel the muscle tighten, hold for 3 sec. Then move forward using fast feet and begin again. Remember that ‘fast feet’ is just small running steps in place.

**Four Square:** Draw on the ground using chalk a four square box. Label the boxes 1,2,3,4 beginning with the top left box as 1, top right box as 2, bottom left box as 3, bottom right box as 4. You will jump the following patterns. 1-2-3-4, 1-4-2-3, 1-3-4-2 this is one round.

**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.

**High Low Jab:** Wall sit position you will jump up and jab with your right arm. With arm bent and held in to your body. At top of jump you will jab out shoulder level and then retract your arm before your land. Jump again and repeat movement with your left arm.

**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

**Hook 8 & Jump 8:** Standing with feet shoulder width apart and knees bent. With your arms bent and hands fisted. Hands should be in a U if you look at your arms and body. You will ‘upper cut’ or hook a punch up doing 8 with one arm. Then you will jump an imaginary rope bringing your knees up high together. Then 8 ‘upper cut’ or hook punches with your other arm. Repeat imaginary jump rope. Keep repeating till time is up.

**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.

**Kick Stand:** In the position you would use on the starting block, one foot forward and one back. You will drive the back knee up while swinging the opposite arm up to achieve maximum height. Be sure to land softly.

**Land Swims:** Laying on your stomach with arms and legs extended straight like Superman. Raise arms and legs about 6 inches off the floor and begin raising and lowering the opposite arm and leg at same time while keeping your core very stable.

**Left Kicks:** Stand with arms up like you are blocking a punch. You will kick your leg straight out in front. No hoping, just solid kicks. **With Step Back:** Step back with left leg extended out behind and touch ground with left hand.

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

**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.

**Oblique Pushups:** Push up position. As you are doing your push up you will bring your knee up to touch your elbow.

**Plank Punches:** Keep your body straight. Engage your core. Holding in pushup position you will alternate arms punching in front. No pushup just punch holding body in good position.

**Pogo:** Is a balancing and quad drill. Start by standing with your arms up forming a Y with your body. You are going to bed over balancing on one leg. The other leg extends out behind you. Touching the ground with both arms then driving your arms up the sky at the same time that you bring the leg that was extended in the back forward in a bending motion driving it up in a hoping movement as your reach with your arms.

**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 Knees:** Stand in a lunge position with one foot in front and one in back. Keep the leg in back straight. Arms are at shoulder level and are making a V with hands stacked on top of each other. Bring your back leg up and arms down to touch at about your waist area. Be sure your front leg stays bent. Do the right left for 30 seconds. Then change the and have your left leg in back and do it for 30 seconds.

**Power Pushup:** Start in regular pushup position then jumping up into a standing position in one jump. Then jump back down into pushup position.

**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.

**Right Kicks:** Stand with arms up like you are blocking a punch. You will kick your leg straight out in front. No hoping, just solid kicks. **With Step Back:** Step back with right leg extended out behind and touch ground with right hand.

**River Hops:** Taking time to get heart rate down. Arms swinging in front from side to side. Easily jump using outside foot then bring other foot with you. Left foot leads to jump/step to the left then right foot joins while swinging arms. Then repeat to the right side bring left foot. This is used to get your heart rate down.

**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.

**Scapular Push ups:** From the top of a push up position lower your body just enough to pinch your shoulder blades together without sagging your hips. Then push up by bending your back and allowing shoulders blades to slide around the rib cage as fast as they can. Pause and repeat.

**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 keeping yourself straight.

**Ski Hooks:** Knees stay together arms held at your side like you are holding ski poles. If hopping towards the right side you will jab with the left arm as a hook across your body. Be sure to keep your feet together on the hop with bent knees. Do the hop with bent legs, then jab standing up tall between each one holding your core tight during exercise.

**Side Pushups:** Hands point to each other making a square. Legs go out to the side. Your body is in a ‘L’ shape. Bend elbows and do a pushup.

**Speed Bag:** In squat position you will have your hands up like you are boxing. Keep elbow in tight and have hands moving quickly like you are hiding a punching bag fast.

**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.

**Squat Pushups:** Starting in squatting position. Fall forward keeping legs in squat position and do one pushup. Push yourself back up into squat position keeping your feet stationary. If you cannot push yourself back up while in squat position then go into a regular pushup position and push yourself back up.

**Squat Twists:** In squat position you are going to squat down and touch the hand to the opposite foot. Then jump back and bring both feet to the middle together. Then jump back out into squat position and touch other hand to the opposite foot. Be sure hand that you are not using is not resting on your hip. Hands should always be held out away from body.

**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.

**TP Leg Pass:** Sit on your butt and lean back just a little. Legs out in front with a small bend. Bicycle kick passing TP from the outside under the right leg, then from the outside under the left leg. This is “1” exercise movement.

**TP Plank Switch:** Get into plankpositions with your legs a little wider than your shoulders. Put a roll of TP in the middle of your back at your waist. Go back to plank position to start this exercise. Reach back with your right hand and take the roll of TP off your back. Place on ground in front of your head. Take your left hand and put it back onto our back. Go back to plank position. Take your left hand and take the TP off your back. Place on ground in front of your head. Take your right hand and place on your back. Go back to plank positon. Keep up this pattern.

**TP Pushups Hops:** In push up position place TP entered between your arms under your body. Do a push up. Then walk your legs up to your body keeping your hands flat on the ground. Grab the TP with your feet. Stand up pop your knees up into a high knee jump and throw the roll of TP into the air catching it with your hands.

**TP Side Planks:** Lying in plank position on your side. Push your body up to where it is resting on one arm and side of one foot. Holding TP in the hand that is on the upper side of your body extend the arm to where the TP touches the ground above your head. Then bend right knee and bring arm holding TP down to where the right elbow touches the right knee. Then extend where the right elbow touches the right knee. Then touch ground in front of the waist area. Then extend back above your head. Repeat this exercise. Above is considered “1” exercise.

**TP Stand and Reach**: Start with feet shoulder width apart holding roll of TP in right hand. Reach out to your right side bending your right knee and reaching the arm straight out to the right. The left leg goes straight to the side. Come back up to standing straight. Bring arms straight from sides to above the head and pass TP to the left hand. Left knee bends while your reach out with the roll of TP to your left side. Right leg goes straight to the side. When you do these movements the hand not holding the TP when the leg is bent touches the ground. Then stand straight back up and repeat.

**TP Streamline Raises:** Lay down in streamline position with your feet against a wall. Place the roll of TP in your hands while squeezing your arms behind your ears in streamline position. Tighten up your core and bend your back up and raise your chest off the ground with arms pointing up towards the sky. Then lay back down on the ground staying in streamline position the entire time.

**TP Throws:** In push up position pick up your roll of TP with your right hand. Throw it about head height. Catch it with your left hand while maintaining push up position. Holding position throw the roll of TP about head height and catch with your right hand. Be sure you are keeping your hips and back flat in push up position.

**Twisting Abs:** Start by laying on your back, hands clasped behind your head and legs extended. Bring the right elbow to touch the left knee. Then go back to straight. Then bring left elbow to touch right knee working the abdominal muscles while keeping movement smooth.

**V-Pushups:** You will look like a V in the air with your butt up in the air with feet and hands flat on the floor. You will bend one knee and pick up the foot. Then go down and do 2 pushups. Put the foot down and repeat on the other side.

**Wall Sits:** With feet hip width apart, knees at 90 degrees to the wall, and back flat. Place arms straight out from shoulders and bend elbows 90 degrees so hands are pointing straight up. As you sit there, slide your arms up the wall staying in contact with the wall as far as you can get toward streamline. Do about 8 of these as you sit there.

**Wide In & Out Abs:** Push up position legs out wide past your shoulders. Using your core you will jump your legs towards your body, keeping the legs straight. Then you will jump your legs back out wide and straight.