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

**Week 8**

**Balloon Drills:** Using two different colored balloons pick an order in which you will contact them (e.g., yellow then blue). Either alone or with a partner, hit the balloons in their selected order while keeping them in the air. Challenge #1: perform one squat in between each balloon contact, and then hit the next balloon. Challenge #2: do a burpee in between each balloon contact. Remember, hit the balloons in the same order and don’t let them touch the ground.

**Barrel Rolls:** Start in pushup position. Try to keep your body as straight and stiff as possible. You are going to roll like a rolling pen. Rotate your right arm over to turn your body to where it is now facing the sky. Keep rotating your body, letting your legs follow your arms so that you are rolling over like a barrel. Take your time and keep your body straight.

**Bear Crawls:** Starting in push up position bending your knees. You will move the right arm and leg to the right and then follow with the left arm and leg. Then move to the left with arm and leg and the rights follows. Then straighten out legs then bend and start the movement from the beginning.

**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.

**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.

**Dive Bombers:** Start in a push up positions with legs spread out wide outside of the shoulders. Keep your butt up in the air. Then you are going to slide your head and shoulders like you are trying to go under a fence. Then bring your head and shoulders up reaching for the sky your back will be arched with your belly button close to the ground. Then bring your butt back up into the air to begin the next one.

**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.

**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.

**Frog Jumps:** Start with your leg bent in a wall sit angle. Position your arms in front with elbows bent and palms facing up. Jump forward with both feet at the same time. Then jump back with both feet at the same time. Use your arms to drive you up in your jump but hold the wall sit position; do not straighten up in your jump.

**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.

**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.

**Hurdle Drills:** Using either4, 6- or 12-inch hurdles (these can be cones, yoga blocks or whatever you have on hand), set five to 10 hurdles up in a row, parallel to each other. Moving laterally, start by going over the first hurdle with a high step and pausing in a stork stance before moving back to the starting position. Then move over the first two hurdles, pause and go back to the start. Continue this until all five to 10 hurdles have been traveled (1, 1 2, 1 2 3, 1 2 3 4, etc.). Count your hurdles out loud (both ascending and descending numbers) and remember to pause on one leg before moving back to the beginning. Also, don’t forget to switch directions. When you become more advanced, speed up the hurdle steps and take out the pause.

**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.

**Karaoke or Grapevine:** Same exercise just uses two different names. You will start with your arms out like a scarecrow. Place one foot in front of the other reaching to that side. Then take the stationary foot and step to the side. You can do on leg only going in front or you can alternate in front and in back.

**Ladder Drills:** Using an agility ladder, you can draw this on the driveway, sidewalk or deck using sidewalk chalk. Select a method of moving through the ladder. All groups will start with a high-knee march forward through each box, and PrSr and Srs will progress to a lateral scissor (grapevine). To target your upper body, move through the ladder with your hands in push-up position at your shoulders. Once you have mastered going through, speed it up and sing/say the words to your favorite song, the alphabet or the pledge of allegiance as you move through the ladder. This move will get your heart rate up and your brain working.

**Lateral Lunge:** If you do not have dumbbells for this exercise use 2 water bottles full of water (1-2 pounds each). Stand with the feet hip-width apart holding one dumbbell in each hand with the palms facing each other. Step directly to the right, keeping the right foot parallel to the left as it hits the ground, and push the right hip back while reaching for the right foot with both hands on either side of the right leg. To stand up, push the right foot into the floor while pulling the body back to the center with the inside of the left leg.

**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.

**Low Lunge with Rotation:** If you do not have dumbbells then for this exercise you can use a large jar of peanut butter (2-3 pounds), a can of fruit (usually 1 pound) or a full water bottle.Stand with the feet about hip-width apart, and hold a dumbbell in a vertical position directly in front of the chest. Keep the elbows close to the rib cage and the back straight while stepping forwards with the left foot and lowering the right knee almost to the ground. At the bottom of the movement keep the back tall and twist the dumbbell over the left leg. Return to the original starting 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.

**March:** Walking in place with knees coming up high. Arms are bent and pumping up with legs as they are raised.

**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:** Laying 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.

**Pedal Lunges:** Begin with a 3 second jog in place. Then drop to a deep lunge moving your right foot back. Jump exchange to having the left foot back. Then jog in place for 3-5 seconds. Repeat for the time allotted. Be sure you do a deep lunge keeping your knees over your toes not in front of your toes.

**Plank Punches:** Keeping your body straight. Engage your core. Holding in plank 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 bend over balancing on one leg. The other leg extends out behind you. Touching the ground with both arms then driving your arms up to 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 you 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 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.

**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.

**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.

**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.

**Speed Skaters:** This is not fast, go slower. Start with both feet about shoulder width. You will step to the right with your right leg in a small bent position like a squat bend. Then swing left leg extending it long behind the right leg. Left leg will be at an angle to the body. Swinging your arms as you move in the direction that you are moving.

**Split Pushups:** Feet are spread wide outside of your shoulders. You will do regular pushups keeping your legs wide outside of your shoulders. Be sure to keep your back flat.

**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 to Overhead Raise:** If you do not have dumbbells then for this exercise you can use a large jar of peanut butter (2-3 pounds), a can of fruit (usually 1 pound) or a full water bottle. Hold one dumbbell lengthwise in both hands so that each hand is holding a weighted end, and place the feet about shoulder-width apart. With the arms straight down, slowly bend at the hips and keep the back straight while lowering into a squat keeping the weight between both legs. At the bottom of the squat push both feet into the ground to return to standing, and keep the arms straight while swinging the weight straight in front of the body to finish with it over the head. Lower the dumbbell back down in front of the body to return to the starting position.

**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.

**Table Top Squats:** Place your feet wider than shoulder width apart with arms and hands at shoulder height. Hands should be stacked on top of each other with elbows pointing out. Your back is straight and knees are bent. You will move back and forth from side to keeping the same level. Do not dip when you take your steps. You will take two steps to the right and then two steps to the left. Be sure to keep your knees bent and back straight.

**Triangle Walks:** Arms in streamline above your head. Feet shoulder width apart. You are going to squat down and walk your hands out to pushup position. Then walk them back and go to streamline. Then you are going to squat down and walk your hands, hand over hand out while twisting at your waist so you will be in pushup position on your right side. Your feet will be on their sides when you are completely stretched out. Now walk your hands back to squat and stand up into streamline. Now repeat this move to your left side. This has now completed your triangle walk. Take your time, do not rush. Keep good form.

**Triceps Kickback:** If you do not have dumbbells for this exercise use 2 water bottles full of water (1-2 pounds each). Step 1: Starting Position: Hold a dumbbell in your left hand and assume a split-stance position placing your right leg forward, but keeping your weight evenly distributed through the heels of both feet. Stiffen your torso by contracting your abdominal and core muscles ("bracing"). Place your right hand on your right thigh or knee and slowly lean forward, transferring most of your upper extremity body weight into that right side. Depress and retract your left scapula (pull your shoulder down and back) and maintain this position throughout the exercise. Your head should be aligned with your spine. Step 2: Position the your left upper arm parallel to, and close to, your torso. Bend your elbow to 90 degrees or at least to a point where your forearm hangs vertical to the floor. Step 3: Upward Phase: Exhale and slowly extend (straighten) your elbow by contracting your triceps muscles until your elbow is fully extended. Your upper arm should remain stationary next to your torso and not raised during the movement. Avoid any arching (sagging) in your low back or any rotation in your torso. Step 4: Downward Phase: Inhale and slowly return your arm to your starting position, without changing your torso position. Maintain your upper arm parallel and close to your torso.

Proper form in performing this exercise is important to target triceps activity and for safety reasons to prevent additional loading on your spine.