**Circle C Select Swim Strength and Conditioning Exercises for Week of September 14, 2020**

**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.

**Burpees with Push up:** Do the regular burpee and when in full extension on the ground you do a regular push up before going back to the frog position.

**Front Tuck Jumps:** Standing with your hands at your sides and feet shoulder width apart. You will left your knees at the same time in a jump to tuck them to your chest. Your arms will be going straight out in front of your legs.

**Flutter Kick:** Lay flat on your back, place your hands as your sides. Lift your legs about 6 inches off the ground. Pointing your toes do the flutter kick.

**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.

**Leg Lifts (Laying down):** 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.

**Leg Lifts (Standing):**  Balancing by holding on to the wall, table or chair, standing on one foot your will lift the other leg either forward, out to the side or backward. Then change legs and repeat.

**Lunges:** Keeping your back straight up you will take one foot and place in front and bend the knee to 90 degrees. Do not let your knee go past your toes and do not let your shorts go below the knee bend. Then push back up to a standing position. Now do the same thing 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.

**Push-ups:** Pushup position with arms extended, and then lower your body until your chest almost touches the floor. Keep your body in a straight line, with elbows close to your sides, and then push yourself back up.

**Planks:** Place your body in a pushup position, arms shoulder-width distance apart. Hug your belly toward your spine to engage your core, so it doesn’t drop down or stick up in the air. Stack shoulders over wrists and heels over ankles. Hold for 30 seconds, working up to a few minutes over time.

**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 Lunges:** Are performed the same was as regular lunges but to the side. Step with your foot to the side, keeping the bend at 90 degrees without going past the toes or shorts going below the knee. Then bring that foot back to the center and do the other side the same way.

**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.

**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.

**Skips for Distance:**  Regular skipping using your arms to get as much distance with each skip as possible.

**Skips for Height:** Regular skipping but you will drive your legs by swinging the opposite arm to help you elevate for height. Arms swing down when you step down. Repeat with the other side.

**Streamline Jumps:**  With feet flat and shoulder width you will bend your knees and jump into a swimming streamline finish. As you are jumping up your arms will squeeze your head behind your ears and hands will be locked on top of each other. Place your arms at your side and repeat the previous movement.

**Squats:** Are the best strength training exercises for beginners, as they work your legs, core and upper body.

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 Jumps:** Perform the regular squat. Instead of pushing up in a regular squat finish you will jump to the finish straight up moving forward as you go. These usually take several feet to do correctly.

**V-Situps:**  Lay flat on your back with your arms above your head on the ground. Sit up with your legs straight bringing your arms above your head to meet your toes. You will look like a V. Then lay back down straight. Be sure to really tighten up your abs when doing this exercise.

**Wall Sits:** With your back straight against the wall bend your knees until you could sit a plate on the thigh. Your knees should bent at a 90 degree angle. Be sure your knees do not go past your toes.

From Aaptiv.

Jeffrey Siegel, a personal trainer based in Boston, breaks it down. He says there are five primary maneuvers, in addition to movements, such as throwing, crawling, and climbing:

 Hip-dominant (deadlifts, hinges, and swings)

 Knee-dominant (squats and lunges)

 Pushing movements (pushups, dips, and presses)

 Pulling movements (rows and pull-ups)

 Gait patterns, such as walking and running

Body weight allows you to focus on form first, so you can set yourself up with a solid, safe foundation and address any muscle imbalances.

After you’ve built up strength using the power of your own body weight, move on to these five strength training exercises for beginners that work your entire body, with room for modifications or levels of intensity.