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

**Week 12**

**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.

**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.

**Ball Triceps:** Start in a ball position on your toes and hands flat on the ground with knees almost touching your elbows. Be sure your elbows bend back towards your knees not out when you rock forward to do your pushup.

**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.

**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’.

**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.

**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.

**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

**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.

**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.

**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.

**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:** 2 pushups and 2 sec floor sprints (running in place in push up position)

**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.

**Power Jacks:** Start in jumping jack position. After touching hands at top above your head you will bring your elbows down each time to touch your knees. Legs are wide and knees bent when your elbows touch. Then jump up into a regular jumping jack finish.

**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.

**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.

**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.

**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.

**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.

**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.

**Upper Cuts:** Down in a squat position. Elbows bent with forearm pointing towards the ceiling. Hands are in a fist. Using your upper arms make the upper cut motion alternating right and left arms.

**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.

**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.

**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.