



Home Workout Out Program:

Copper/Bronze 1/Bronze 2

3/22-3/28

The Exercises

Plank: Key Points- Back flat. Don't drop or raise your hips. Want to be straight as a board/plank. Stay as still as possible. Engage your core muscles. Don't round your back at the shoulders. Elbows Underneath the shoulder not in front or behind.



Squat: Key Points-Toes pointed forward. Feet at shoulder width. Keep your back flat and your chest/eyes up. Go to a 90 degree angle at the knee. Sit back as if you are going to be sitting in a chair. Keep heels flat on the ground.



Streamline Squat Jump: Key points- Squat down in the same position as a normal squat. Explosively jump into the air into PERFECT STREAMLINE POSITION! Disregard the lack of a good streamline in the photo. We all know good streamlines! When landing, take the time to reset into good foot and body position before starting again.



V-Up: Key Points- Lay back flat with hands extended. Feet and hands should always stay off the ground even while resting keep the core engaged. Raise the hands and feet together and touch and bring down in a controlled fashion. Can alter to be single sided or crossed.



Inch Worm: Key Points- Start by standing straight up. Place hands on ground in front of you without bending your knees. Walk hands out into a plank position and hold for 3 seconds. Walk hands back in and stand back up. Never bend the knee. Do not let hips wiggle. Keep the core engaged.



Hip Bridge: Key Points-Start by bringing heels as close to your bottom as you can. Drive your power through your heels not your toes to lift your body up. Keep shoulders flat on the ground and do not use your arms/hands for any assistance. Keep body in a straight line from chest to knee. Do not let hips start to drop! Single Leg alterations underneath.



Shoulder Chain: Key Points- Start by laying flat on the ground with hands extended in streamline. Hold a tennis ball or (anything light) in one hand. Without ever letting your arms touch the ground or bend at the elbow, take both of your arms behind your back and hand the ball to the opposite hand. Without letting your arms touch the ground or bend at the elbow, bring both arms back forward around the sides and hand the ball back to the other hand completing the chain link. Photo is of good body position at halfway.



Superman/Superwoman Raises: Key Points- Start by laying flat on stomach. Hands and feet relaxed on the ground. Hands in Position 11 (superman/superwoman position). Slowly and together raise hands and feet into the air. Hold for 3 seconds and slowly come back down. Can make alterations to go right arm and right leg. Left arm and left leg. Right and left etc. Expect to see that.



Monday- 3/23

Dynamic Warm up: 10 Minute Walk/Jog. 1 minute walk. 1 minute Jog.

Core: 6 Times through Total. Inch Worm out into a 30 second plank hold. 10 Mountain climbers. Inch worm back in. Wait 20 seconds before repeating.

Hip: Max hip bridge hold! See who can hold it the longest. Once hips start to drop, you're done.

Shoulder: 4 Times through. 10 Shoulder chains into a :20 second super hold. Rest :20

before repeating.

Tuesday- 3/24

Tuesday: WHOLE FAMILY DAY! Put on a Talent Show! If you have a talent and want to show your 757Swim friends and coaches send it in! We would love to see!

Wednesday- 3/25

Dynamic Warm Up: 4 Times through. 20 Jumping Jacks/20 Jump ropes (pretend if you don't have one)/20 Skips

Core: Plank on hands. Alternate lifting legs off the ground. Keep hips flat (don't wiggle) Complete 40 total reps. Each rep should take at least 2 seconds. Rest as needed.

Legs: 5 Times Through. Wall Sit for :30 then complete 6 perfect streamline jumps. Wait :20 between each.

Shoulder: 6 Superman/Superwoman raises. 6 Right arm and Right Leg Raises. 6 Left arm and left leg raises. 6 Right arm and Left leg Raises. 6 Left arm and Right leg raises.

Remember to hold each at the top and control back down.

Thursday- 3/26

30 Minutes of Movement. Family Bike Ride/Walk/Run/Dance or any combination. Vary intervals of work and rest throughout. :10 work/:50 active rest. :20 work/:40 active rest. Work up to a minute of work. Then repeat for 30 minutes.

Friday- 3/27

Dynamic Warm up: 10 Minute Walk/Run. Alternating 1 minute each.

Core: 3 Times through. :30 Plank on elbows. :15 rest. :30 Plank on right side elbow. :15 rest. :30 Plank on left side elbow. :15 rest. :30 Plank on hands.

Legs: 6 Times through. Get into a squat hold position. Walk laterally 10 yards right and then 10 yards left back in. Stay in a squat hold the entire time, hips low.

Hip: 4 times through. Hip Bridge hold for :20. Right Leg hold for :10. Left Leg hold for :10. Rest :10 then repeat

Shoulder: 2 Times through. 10 shoulder chains. 10 supers. 10 right sided supers. 10 left sided supers. 10 right arm/left leg. 10 left arm/right leg.

Have a great week, and go 757swim!

Coach Morgan

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