

Camp Exercises 2009

Upper Body

General Guidelines: All exercises should be done in a controlled manner. We start with a warm up and then alternate pairs of stretches, with pairs of muscular endurance exercises.

Stretches- Go to a spot where you feel a stretch and hold for 30 seconds on each side.

Weights, Cords & Calisthenics- Do 20 repetitions of each, for each side.

Warm up

(30 seconds each) Swing Right Arm, Swing Left, Swing both arms front and back, Bring straight arms up from side and touch above head, Jumping Jacks, Run in Place (for 2 minutes), pumping arms forward / to the sides / up.

Stretch A

Upper Back and Arms- Interlace fingers behind your back. Turn elbows inward while straightening your arms. Lift arms behind you. Rest hands on a support and bend down.

Front of Shoulder- Grab item with hand at shoulder level. Bring opposite arm around your back and grab item. Turn body away from upper arm.

Exercise A / Weights

Bench Press- Lie on back press weights straight up from chest.

Military Press- Stand, start at shoulders press weights straight up.

Stretch B

Shoulder and Arms- Interlace fingers above your head. With palms up, push your arms back and up.

Exercise B / Weights

Bent-over Rows- Stand, lean over bench, face ground, pull weight to chest.

Straight Arm Lifts- Hold weights at sides, lift arms straight out to sides.

Stretch C

Upper Back and Shoulder- Pull elbow across your chest toward your opposite shoulder.

Exercise C / Stretch Cords

Free Pull- Bend body to 90-degree angle. One hand straight forward grasp handle. Hand down and out, elbow up. Pull so hand, elbow, and shoulder are all in a line and forearm is at a 90-degree angle to upper arm. Push toward thigh. Finish with palm to the sky.

Triceps Extension- Bend body to 90-degree angle. Grasp handles. Pull cord so elbows are locked to your sides, hand are under body. Push straight back until hands are at your hips and palms are up.

Stretch D

Triceps- Pull your elbow behind your head as you bend from your hips to the side.

Exercise D / Calisthenics

Triceps Pushups- Lie down, lock elbows to your sides. Keep body straight and push upper body off the ground.

Pull ups- Grasp bar above head with palms facing forward. Pull body up, so back of neck touches bar.

Our goal is to do muscular endurance work on the upper body for muscles specifically used in swimming.

Lower Body

General Guidelines: All exercises should be done in a controlled manner. We start with a warm up and then alternate pairs of stretches, with pairs of muscular endurance exercises.

Stretches- Go to a spot where you feel a stretch and hold for 30 seconds on each side.

Weights, Cords & Calisthenics- Do 20 repetitions of each, for each side.

Warm up

(20 seconds each) Run, Stride Walk, Band March, Hop Both Legs, Sideways Hop, Lunges, Tin Soldier March, Hop Right Leg Only, Hop Left Leg Only, Sideways Crossover Running, Backwards Running.

Stretch A

Quadriceps- Hold the top of your right foot with your left hand. Gently pull your heel toward your butt.

Exercise A / Weights

Squats- Weights held on shoulders. Feet facing forward, keeping upper body straight, bend down with butt toward the ground.

Lunges- Weights held on shoulders. Step forward so knee is above foot. Bend down so back knee almost touches the ground, repeat with other leg.

Stretch B

Hamstrings- Straighten and extend right leg. Place sole of left foot on inside of right thigh. Bend forward from the hips toward the foot of the straight leg.

Exercise B / Weights

Feet-out Squats- Weights held on shoulders. Feet facing outward, keeping upper body straight, bend down with butt toward the ground.

Heel Lifts- Weights held on shoulders. Raise heels by push from toes.

Stretch C

Groin- Put soles of your feet together and hold onto your toes. Pull yourself forward bending from the hips.

Exercise C / Stretch Cords

Abduction- Step on cord, hook other foot to handle. Push straight leg straight away to side of body. Repeat, with other leg.

Adduction- Loop cord around post, hook other foot to handle. Start with leg straight away to side of body. Pull straight leg to body and across in front of other leg. Repeat with other leg.

Stretch D

Ankle- Rotate your ankle one way then the other. Pull the toes toward you.

Calf- Lean on a solid support. Bend one leg and place the foot in front of you. Place other leg behind you with heel on ground and toe facing forward. Move hips forward.

Exercise D Calisthenics

Squat Jumps- Keep body upright. Bend knees and jump bringing arms to a streamline.

Calf Raises- Stand with heels off edge of step. Let heels drop, raise heels by push from balls of feet.

Our goal is to do muscular endurance work on the lower body for muscles specifically used in swimming.