

Stretch Cord Exercises

General Guidelines: Control the tubing at all times. All movements should be smooth and controlled. Always be safe with partner. Never snap cord at others. Do 50 repetitions before switching.

Butterfly Pull

Bend body to 90-degree angle. Hands straight in front grasp handles. Hands down and out, elbows up. Pull straight back then toward midline, then back to hips keeping elbows up.

Backstroke Pull

Lay on back on bench. One hand above head, arm straight, palm of hand out. Grasp handle. Pull so hand elbow and shoulder are all in line and forearm is at 90-degree angle to upper arm. Push toward thigh. Finish with palm to ground.

Breaststroke Pull

Bend body to 90-degree angle. Hands straight in front grasp handles. Hands down and out, elbows up. Pull straight back then around to chin.

Freestyle 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 line and forearm is at 90-degree angle to upper arm. Push toward thigh. Finish with palm to sky.

Tricep Extensions

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

Deltoid Raise

Stand on middle of stretch cord. Arms straight down at sides, palms facing hips. Grasp handles. Raise arms with elbows straight to sides to as high as possible position.

Our goal is to do endurance work on swimming type motions.

Flip for Fitness

General Guidelines: Each card suit represents an exercise. The number = number of repetitions. You can modify the exercises. Flip card, do the exercise, go through the whole deck.

Spades = Sit ups

Hearts = Knee ups

Diamonds = Flutter kick on back

Clubs = Flutter kick on front

Example; 9 of diamonds = 9 cycles of flutter kick while lying on the back

Our goal is to work abdominal muscles to help swimmers kick from the hips.

Dice Advice

General Guidelines: Roll 1 die to determine what exercise to do, roll 2nd die to determine how long to do the exercise. Each number equals minutes of that exercise. You can modify the exercises.

Total time = 30 minutes

1-Jump rope

2-Run in place

3-Jumping jacks

4-Up-down push ups

5-Knee high march in place

6-Cross country Skiers

Example: Roll a 3 = jumping jacks, then roll a 5, do them (jumping jacks) for 5 minutes.

Our goal is keeping the heart rate up to gain cardiovascular fitness and also to work the leg muscles for wall push-offs.

Milk Jug Muscles

General Guidelines: Use milk jugs filled to varying levels with water to do a weight workout. Do 30 repetitions of each exercise alternating with paired exercise, and do each set of 2, 3 times. Make the weight light enough to do 30 times. Add more weight/water as you get stronger.

Paired Exercises

Bench press-Lie on back press jugs up straight from chest.

Military press-Stand, start at shoulders and press jugs straight up.

Two leg lifts-Lie on back, jug on feet, lift and hold 10 seconds.

Sit ups-Regular old sit-ups.

Bent over rows-Stand, lean over bench, face ground, pull jug up to chest

Straight arm lifts-Hold jugs at sides, lift arms straight out to side.

Kick on back-Lie on back, feet six inches off ground, small fast kick with legs straight.

Leg swings-Stand, leg straight, from hips swing leg back and forth, repeat with other leg.

Triceps extension-Stand, lean over, lock elbow to side, push arm back so it is parallel to ground.

Bicep curl-Stand, arms at side, lift jug to chest.

Our goal is to work the entire body for swimming endurance.

Climb the Ladder to Health

General Guidelines: Pick 10 exercises and put them in a hat. Place the 1,2,3,4,5,5,4,3,2,1 board down. Pick exercises and put on board. For surprising thrills, you may pick exercises after each session. The numbers are how many minutes of each exercise you do.

The 10 exercises: jump rope, running, jumping jacks, up-down push ups, knee high march in place, cross country skiers, squat jumps, skipping, hopping, sideways and backwards running.

1-

2-

3-

4-

5-

5-

4-

3-

2-

1-

Our goal is to gain cardiovascular fitness and work our legs for wall push-offs.