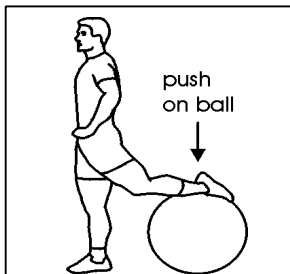


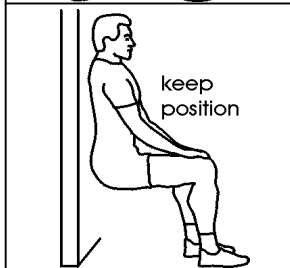
SPORT Swimming

SEASON Off-Season 1 3x week



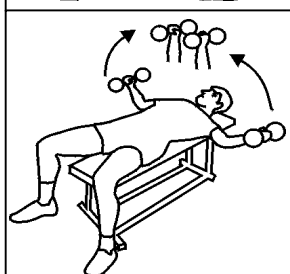
Sets	Repetitions	Resistance
3	15	

Note: Standing Isometric Hip Flexion



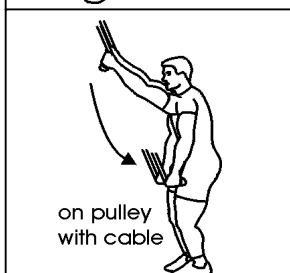
Sets	Repetitions	Resistance	Frequency
3	5		

Note: Squat and Hold against wall for up to 30 seconds



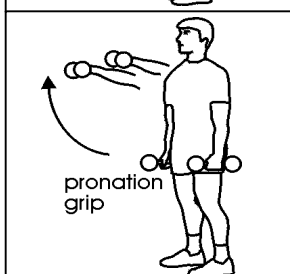
Sets	Repetitions	Resistance	Frequency
3	15		

Note: Dumbbell Chest Fly



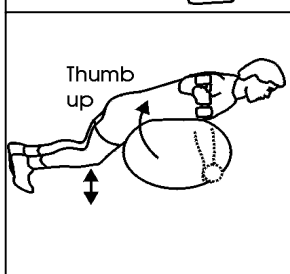
Sets	Repetitions	Resistance	Frequency
3	15		

Note: Straight Arm Pulldowns: Think of pushing shoulders down and in and keeping them there throughout this exercise.



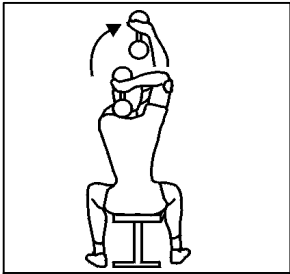
Sets	Repetitions	Resistance	Frequency
3	15		

Note: Dumbbell Front Raises: Push shoulders down and in and hold them there when raising the dumbbells up to just parallel.



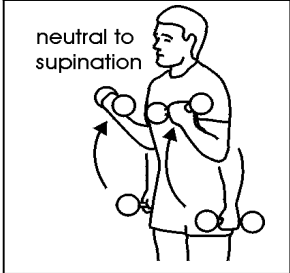
Sets	Repetitions	Resistance	Frequency
3	15		

Note: Prone Reverse Flyes: Pinch shoulder blades together during this exercise.



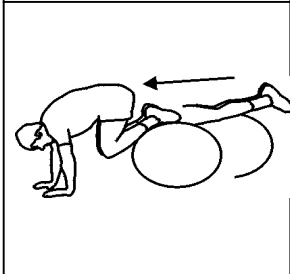
Sets	Repetitions	Resistance
3	15	

Note: Overhead Tricep Extensions (Single Arm)



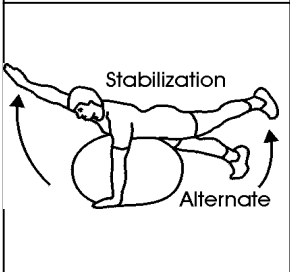
Sets	Repetitions	Resistance	Frequency
3	15		

Note: Dumbbell Bicep Curls



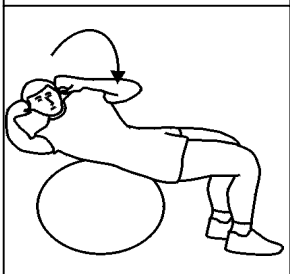
Sets	Repetitions	Resistance	Frequency
3	20		

Note: Jackknife Crunches on Ball: Keep hips parallel with the rest of the body during this exercise. Do not let your hips sag towards the floor.



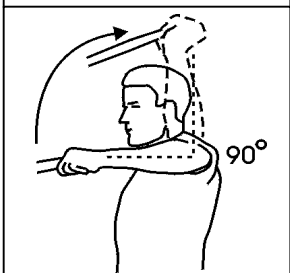
Sets	Repetitions	Resistance	Frequency
3	20		

Note: Opposite Arm Opposite Leg Raise on Ball



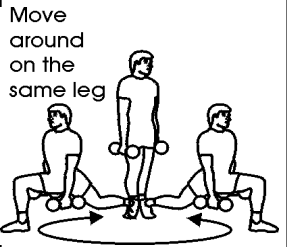
Sets	Repetitions	Resistance	Frequency
3	20		

Note: Oblique Crunch



Sets	Repetitions	Resistance	Frequency
3	15		

Note: External Rotation with cable



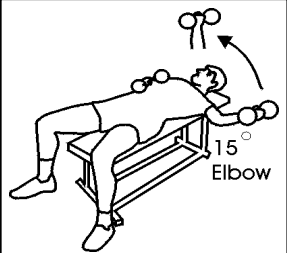
Sets	Repetitions	Resistance
4	12	

Note: Multi directional Lunge: Lunge forward, then lunge out at a 45 degree angle, and then lunge laterally. Repeat that 4 times and then perform exercise with other leg.



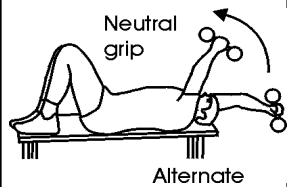
Sets	Repetitions	Resistance	Frequency
4	12		

Note: Hip Bridges: Place 1 leg on Bench and try to pull that leg downward through the bench so that your hips come up off the ground. Do this 12 times and repeat with other leg.



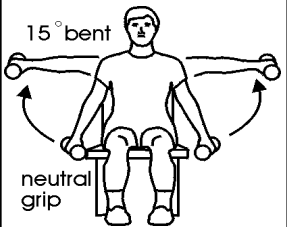
Sets	Repetitions	Resistance	Frequency
4	12		

Note: Dumbbell Chest Flye: One arm at a time



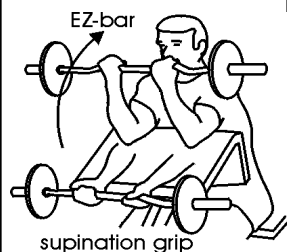
Sets	Repetitions	Resistance	Frequency
4	12		

Note: Dumbbell Pullovers: Place a dumbbell in each hand to perform exercise



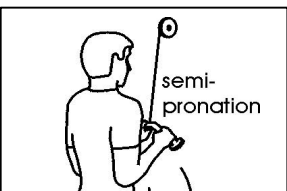
Sets	Repetitions	Resistance	Frequency
4	12		

Note: Dumbbell Lateral Raises



Sets	Repetitions	Resistance	Frequency
4	12		

Note: Preacher Curls

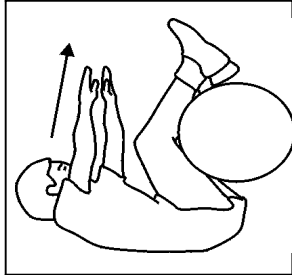


Sets	Repetitions	Resistance
4	12	

Note: Tricep Pushdowns

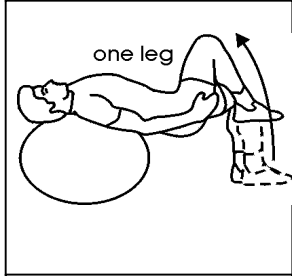


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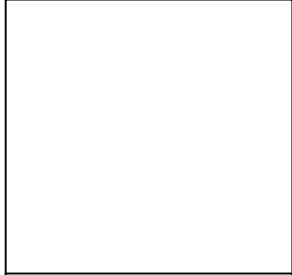
Sets	Repetitions	Resistance	Frequency
3	20		

Note: Crunch and Reach



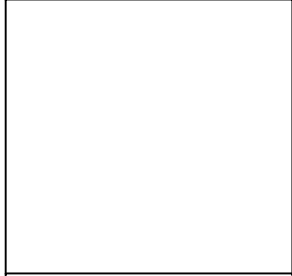
Sets	Repetitions	Resistance	Frequency
3	20		

Note: Supine Stabilization on 1 leg: Try to stay balanced on ball and hold leg in the air for 3 seconds then let it down and repeat with other leg. Take your belly button and suck it in towards your spine and try to hold the pelvis steady.



Sets	Repetitions	Resistance	Frequency

Note:



Sets	Repetitions	Resistance	Frequency

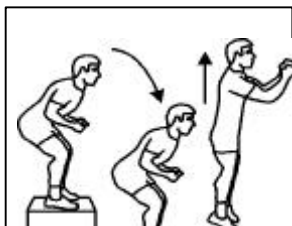
Note:



Sets	Repetitions	Resistance	Frequency

Note:

SEASON Pre-Season (5 weeks prior to season) 2x week

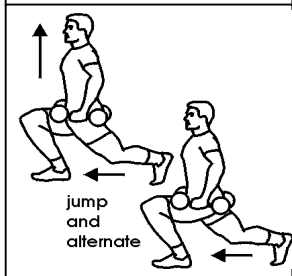


Sets	Repetitions	Resistance
3	10	

Note: Broad Jump off Box: Squat down and jump off box as far as possible away from box. Upon landing immediately go into a squat and jump for distance again.

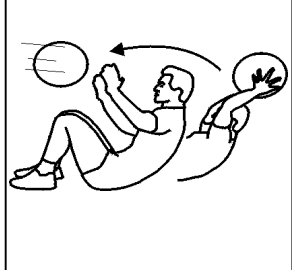


for distance again.



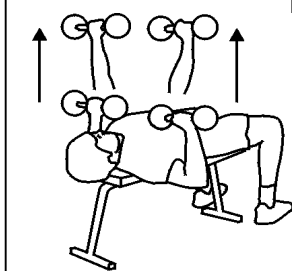
Sets	Repetitions	Resistance	Frequency
3	10	None	

Note: Split Jumps: Jump into the air and switch legs while you are in the air so that you land with the opposite foot forward. Keep knees aligned over the foot when you land. Do not let them go towards the middle of your body. Use bodyweight with no dumbbells



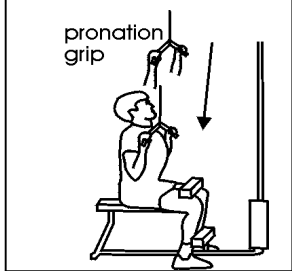
Sets	Repetitions	Resistance	Frequency
3	10		

Note: Medicine Ball Overhead Throw: Lie on your back with your arms extended up. Have a partner throw you the ball and you catch it and bring your arms straight back behind your head like a dumbbell pullover. Keeping your arms straight bring your arms up and forcefully throw the ball to your partner. Repeat. It looks like the picture except don't sit up like the picture shows.



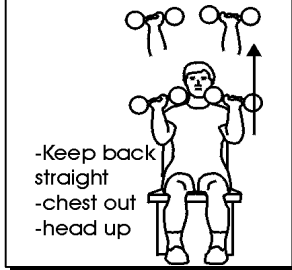
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Dumbbell Chest Press



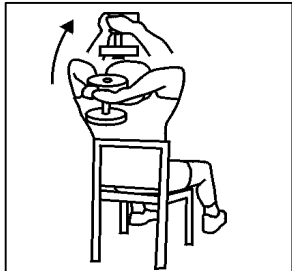
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Lat Pulldowns



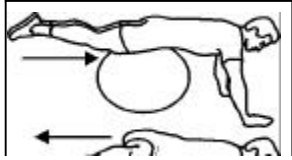
Sets	Repetitions	Resistance	Frequency
3	8		

Note: Dumbbell Shoulder Press



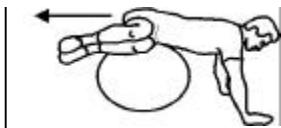
Sets	Repetitions	Resistance
3	8	

Note: Dumbbell Overhead Tricep Extensions

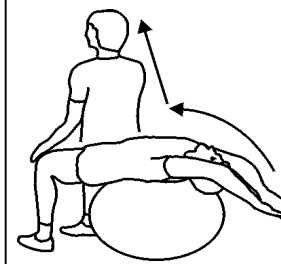


Sets	Repetitions	Resistance	Frequency
3	20		

Note: Jackknife Crunch with Twist: Pull knees toward chest and rotate to knees and legs to one side. Return to starting position and pull knees



Jackknife Crunch with Twist: Pull knees toward chest and rotate to knees and legs to one side. Return to starting position and pull knees toward chest again but rotate legs to other side.



Sets	Repetitions	Resistance	Frequency
3	15		

Note: Long Lever Crunches: Do not keep back flat as you sit up. Think of curling up one spinal vertebrae at a time like a slinky or snake. This will maximize the tension on the abdominals.

Sets	Repetitions	Resistance	Frequency

Note:

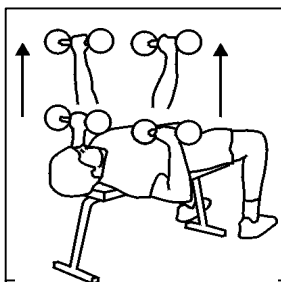
Sets	Repetitions	Resistance	Frequency

Note:

Sets	Repetitions	Resistance	Frequency

Note:

SEASON In-Season Maintenance



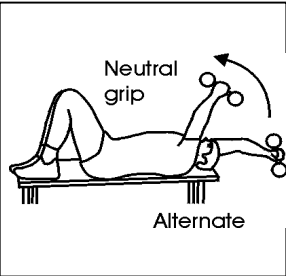
Sets	Repetitions	Resistance
2	12	

Note: Dumbbell Chest Press

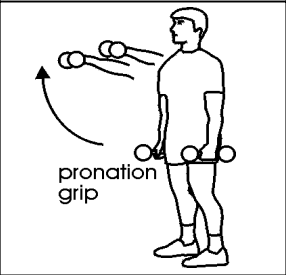


Sets	Repetitions	Resistance	Frequency
2	12		

Note: Dumbbell Pullovers

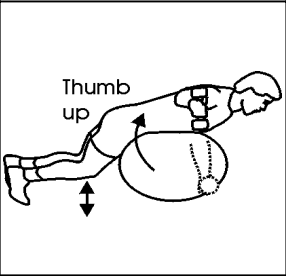


Dumbbell Pullovers



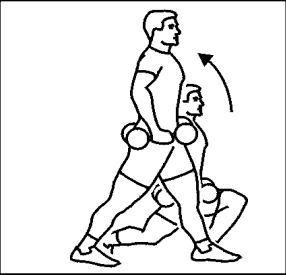
Sets	Repetitions	Resistance	Frequency
2	12		

Note: Front Raises



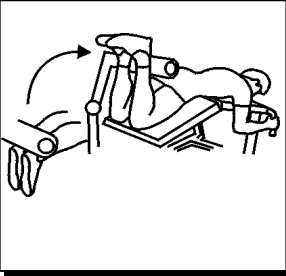
Sets	Repetitions	Resistance	Frequency
2	12		

Note: Reverse Flyes



Sets	Repetitions	Resistance	Frequency
2	12		

Note: Lunges: Do not let knee cross the front of the foot and keep the knee centered over the top of the foot. Do not let the knee go towards the middle of the body.



Sets	Repetitions	Resistance	Frequency
2	12		

Note: Hamstring Curls

Hand Throw: Lie on your back with your arms extended up. Toss the ball and you catch it and bring your arms straight down like a dumbbell pullover. Keeping your arms straight and your feet flat on the floor, forcefully throw the ball to your partner. Repeat. It is important that you do not sit up like the picture shows.

