

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

**Swimming requires these basic skeletal or joint movements:**

Shoulder movements: Upward rotation, abduction, elevation and depression. (Complete circular rotation)

Arm movements: Extension, flexion and rotation (elbow) and accompanying forearm rotation, extension (wrist).

Back movements: Shoulder blade (Scapula) adduction, abduction, elevation and depression, extension (lower), rotation and lateral flexion.

Hip movements: Flexion, extension and rotation.

Leg movements: Flexion and extension of knee and extension (ankle joints).

**CHEST**

EXERCISE	SETS	REPS	REST TIME	LOAD
PUSH UPS (incline)	2 - 3	8 – 10	90 SEC	BODY WEIGHT + FITNESS BALL (CHOOSE A VARIATION)
STANDING CHEST FLY	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
CHEST PULL-OVERS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

**BACK**

SEATED BACK ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HYPERTENSIONS	2 - 3	8 - 10	90 SEC	BODY WEIGHT + FITNESS BALL
LAT PULLDOWNS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
PLANKS (LOWER CORE)	2	HOLD	90 SEC	BODY WEIGHT (HOLD POSITION FOR 60 – 90 SECONDS)

## LEGS

SQUATS	2 – 3	8 – 10	90 SEC	BODY WEIGHT + FITNESS BALL
LUNGES	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LEG CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HIP FLEXORS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HIP EXTENSIONS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
CALF RAISES	2 – 3	15 - 20	90 SEC	BODY WEIGHT

*Note: Depending on the swimming stroke used, you may also include some Leg Adduction and Abduction Workouts.*

## SHOULDERS

SINGLE ARM LATERAL RAISE	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
SEATED SHOULDER PRESS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
SIDE PULLS ON EXERCISE BALL	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS + FITNESS BALL

## ARMS

STANDING BICEP CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP OVER HEAD EXTENSIONS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
WRIST CURLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

## ABS

CRUNCHES	2 – 3	15 - 20	90 SEC	BODY WEIGHT
OBLIQUE CRUNCHES	2 – 3	15 – 20	90 SEC	BODY WEIGHT
EXERCISE BALL OBLIQUE TWISTS	2 - 3	15 - 20	90 SEC	BODY WEIGHT + FITNESS BALL

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### YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are recommended workouts to target each muscle group. Pick 3 (only) of the **Leg Workouts** to perform during a session.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

Perform this Workout 3 times a week in conjunction with your Conditioning (cardio) Training.

You can alternate to other workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.

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