

Swimming Strengthening Program

Shoulder:

Core:

Single leg bridge:

- A. Lie on the floor with knees bent and feet on floor with toes up and heels on the ground, arms by sides. Lift right leg straight up so it's perpendicular to floor with toes pointed.
- B. Squeezing butt muscles, slowly lift hips off floor as high as you can, keeping right leg perpendicular to floor. Pause, lower to the starting position and repeat. Do 25 reps, then switch legs and repeat.

Leg Press:

- A. Get down on all fours, abs pulled in tight, and lift right knee slightly off floor, keeping it bent 90 degrees, foot flexed.
- B. Slowly press right heel straight up as high as you can go, keeping a 90 degree bend at knee, pause, then lower to the starting position, without resting knee back on floor. Do 25 reps, then switch legs and repeat.
- C. You could also incorporate doggie pees into this exercise.

Half Circle:

- A. Sit down on floor, lean back and prop yourself up on elbows, palms down. Pull abs in tight, press legs together, bend knees slightly (15 degrees) and lift legs off floor at a 45 degree angle.
- B. Slowly roll knees to your right, then immediately switch sides, rolling knees to your left in a fluid motion. That's one rep. Do 20 more and repeat.

Plié Pull:

- A. Hold an end of the band in each hand and stand with feet wide, toes turned out. Extend arms overhead, palms facing forward, and choke up on band until there 's no slack.
- B. Rise onto toes. Lower heels and sink into a deep squat as you draw arms down to shoulder level, elbows slightly bent.
- C. Rise onto toes, extending arms overhead again and repeat. Do 15 to 20 reps.

Balancing Fly:

- A. Wrap center of band around middle of feet and hold an end in each hand. Sit up, then lean back slightly and raise legs so shins are parallel to the floor.
- B. Extend arms on either side of legs in a V, palms facing feet.
- C. Keep legs still as you draw arms out to the sides to shoulder height. Return to V and repeat. Do 12 to 20 reps.

Reverse lunge with dumbbell twist:

- A. Stand with feet hip-width apart holding a weight in your right hand, elbow bent, palm facing in.
- B. Keeping right leg straight, take a giant step back with your right foot as you bend left knee (DON'T LET YOUR KNEES GO PAST YOUR TOES!!!) and lower the weight across body toward the outside of the left leg. Keep back flat and abs pulled in tight. Return to the starting position and repeat. Do 12 reps, then switch sides.

Standing Seesaw – 2x15 each side.

Begin with feet shoulder-width apart, knees soft, arms extended straight above your head. Lean forward at your hips to bring your upper body nearly parallel with the ground. At the same time, lift your right leg straight behind you, contracting your glutes as you raise your leg. Stop when your upper body and elevated leg are almost aligned with the floor. Hold for three counts before slowly returning your upper and lower body to the starting position.

Plank with leg lift – 2x15 each side

Start in the plank position (military hold). Ensure your hands are directly under your shoulders and feet are spaced shoulder width apart. Contract your core so you can remain stable throughout the exercise. Lift your leg and flex your foot, then raise your heel and push towards the ceiling in a quick pulsing motion for 15 reps. To keep your lower back engaged, imagine that your big toe is attached to a rope anchored to the ground – this should help you stay focused on the resistance. Hold the last pulse for 10 seconds, then rest. Repeat with the right leg to complete on set.