

Swimming: Basic Land-Based Strengthening Program



Swimming Holds

- Neutral Neck
- Lift one arm and opposite leg just off ground
- Emphasis reach away and forwards not limbs up into air
- 10secs x 10 reps



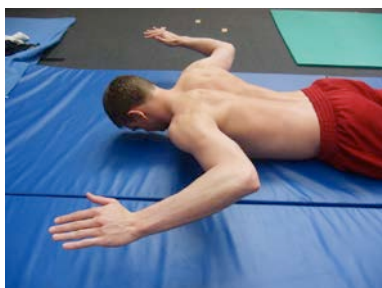
Front Plank + Arm Lift

- Neutral Neck, Feet Wide
- Shoulders, hip and feet in one line
- Lift arm straight out in front
- 10 secs hold x 10 each side
- 10secs x 10 reps



Rotating Side Plank

- Maintain elbow under shoulder straight body through movement
- Control movement throughout
- 3 x 8 reps



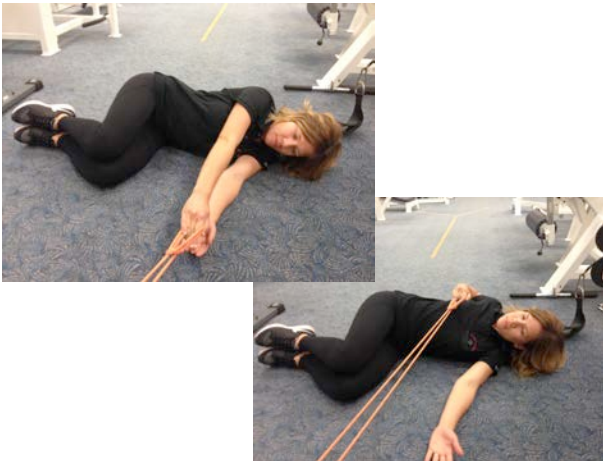
Prone "W" Lifts

- Neutral Neck, elbows form "w"
- Lift arms, head and chest off floor
- Squeeze elbows into pockets
- 10secs x 10 reps



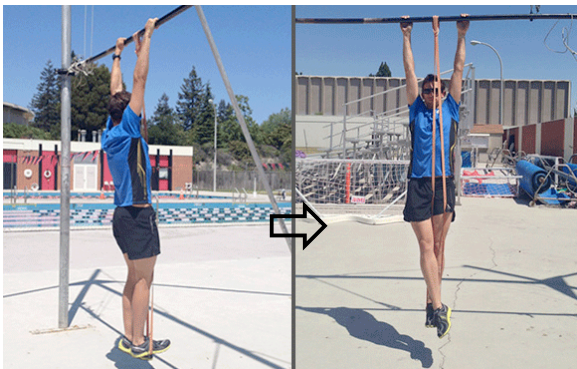
Scap Assisted Standing Ext. Rotation

- Place loop of band over shoulder, run the band around a pole in front then back twd yourself, around your body so band ends as shown
- Elbow by side
- Scap set against theraband loop
- Maintain scap as forearm moves outward (open gate position)
- 2 x 20 reps



Thx Bow & Arrow w/Tband

- Bend from hips
- Flat/Neutral Spine
- Dumbbell horizontal/Elbow raised
- Arm rotates back (swim recovery motion)
- 3 x 8 reps



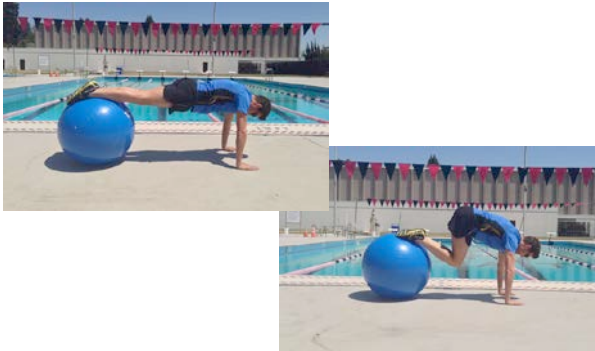
Assisted Chin Ups

- Maintain straight body through movement
- Pull body up toward hands
- 3 x 8 reps



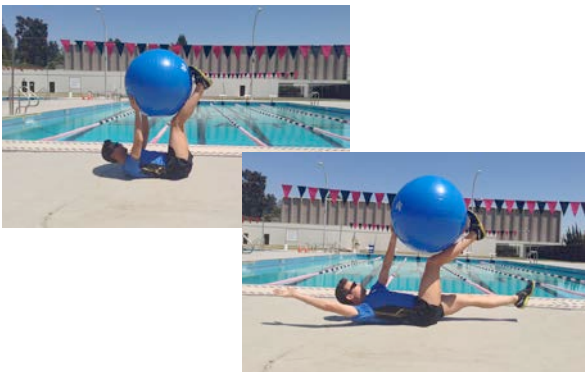
Supine Ball Bridge with Tband

- Tie band just above knees
- Lie on ball, have feet hip width apart
- Push thru heel,s raise Hips up and then move knees outward against band, hold
- 10secs x 10 reps



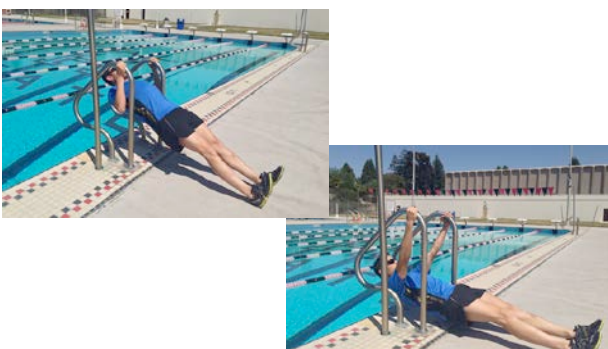
Controlled Ball Knee Tucks

- Maintain straight back throughout
- Draw ball towards arm through feet and bend knees
- Control movt back out to plank
- 3 x 8 reps



Dead Bugs with Ball

- Maintain straight arms
- Remove one arm and opposite leg off ball and then return back
- Control arm and leg carefully
- 3 x 8 reps



Ladder Pull Up

- Maintain straight body throughout
- Hands at shoulder level shoulder
- 3 x 8 reps