

Workout 1
Upper Body Strength + Core

Warm-up:

- **Band pull-aparts (2 x (10 in front of face + 10 above head))**
*Make sure arms are relatively straight.

 - **Scapular push-ups (2x 10)**
*Completely straight arms, push shoulder blades up and down.
-

Main lifts: *Build the weight up slowly each set if you can! Do 3 rounds of each exercise before moving to the next.

- Bent over rows DB (3x 10 each)
*One knee on bench to stabilize

 - Lat pull-downs w/ cable (3x 10)
*Make sure your back and core are tight

 - Half-Kneeling cable row while rolling body (3x 8 each)
*Start with arm straight, pull arm into body and roll inwards slightly.

 - Landmine twists (3x 6-8)
*Keep arms straight and core tight
-

Core: Do every exercise than repeat again

- **Hanging leg raises (2x as many as you can)**
*Helps with wrist strength as well

- **Dead bug (2x 20)**

**Keep lower back on ground*

- **Elbow plank (2x 30 sec - 1min)**

**Add weight on your back once too easy*

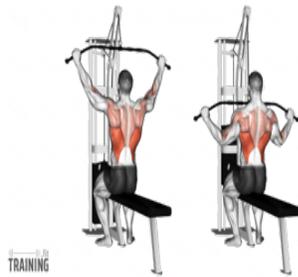
**** Foam rolling legs, back and lats highly recommended after swim or gym workouts!!**



Landmines



Bent over rows



Lat pull-downs



Hanging leg raises



Half-kneeling cable rows

Workout 2
Lower Body Strength + Core

Warm-up:

- **Half-kneeling hip flexor stretch.**
*Stretches legs and hips
 - **90-90's**
 - Glute bridges
-

Main lifts: *Build the weight up slowly each set if you can! Do 3 rounds of each exercise before moving to the next.

- Barbell back squats (3x 8-10)
*Stabilize core and push hips back
 - Romanian deadlift squats (3x 10-12 each)
*One foot in front, one goes behind on a bench
 - Single leg Press (3x 8 each)
*Just keep on leg on the machine, don't need to bend leg fully.
 - Leg extensions (3x 6-8)
-

Core: Do every exercise, then repeat again

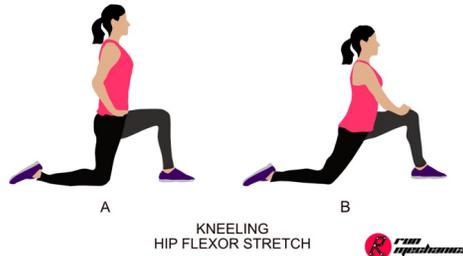
- **Scapular pull ups (2x as many as you can)**
*not a full pull up, just hang and retract shoulder blades up and down.
- **Russian twists (2x 20)**
*add weight when comfortable
- **Elbow plank (2x 30 sec - 1min)**

***Add weight on your back once too easy**

**** Foam rolling legs, back and lats highly recommended after swim or gym workouts!!**



**90-90's
Stretch**



Half-kneeling Flexor



**Barbell Back Squat
Deadlift**



Romanian



Leg Extension



Single leg press