

STONE BRIDGE SWIMMING

PRESEASON WORKOUTS

Your strength and endurance will be tested beginning November 6th.

Core strengthening exercises circuit below will enable you to build the strength and endurance. Show your dedication before the season begins.

Raise your heart rate before you begin by active stretching and/or a short run.

1. Option 1- Perform circuit 4 times. :30 each. :15 rest.
2. Option 2- Perform circuit 3 times. 1:00 each : :30 rest
3. Option 3- Perform circuit 2 times. 1:30 each., :30 rest

pushups (wide or close grip)

crunches

squats

front plank

right side plank

left side plank

lunges

flutter kicks

If possible, if you have band or medicine ball, these exercises can be added as well into the circuit

lat rows (band is needed)

medicine ball crunches

medicine ball throws (with a partner or against a wall)