



Name :jedidah

Sport : swimming

January 1 week /1, 2 and 3 days jedidah workout plan

1st day	exercise	around	set	repetitions	Why it is recommended	What happens if you do
1	deadlift	6	1	8	activities the lower strengthening	helps in leg muscles improvement
2	clean and jerk	6	1	8	activities the strength and power switch	helps in jumping place management
3	chest press	6	1	8	activities the strength on chest and shoulder joints	helps in engaging the power to shoulder
4	hang clean	6	1	8	activities the shoulder muscles for the rotation	helps in get the arms to in position
2nd day	exercise	around	set	repetitions	Why it is recommended	What happens if you do
1	the 3 -2-1 *10	10	1	10 minutes	activities the a ATP (oxygen intake)	helps in endurance
2	the 3 -2-2 *8	8	1	8minutes	activities the a ATP (oxygen intake)	helps in endurance
3	the 3 -2-3*6	6	1	6minutes	activities the a ATP (oxygen intake)	helps in endurance
3rd day	exercise	around	set	repetitions	Why it is recommended	What happens if you do
1	push press	6	1	8	activities the upper back and arms	helps in power strokes
2	front squat	6	1	8	activities the quad for better muscles coordination	helps in push off and dive
3	squat clean	6	1	8	activities the the front lane for load	helps in lateral kicks
4	barbell rowing	6	1	8	activities the the mid back muscles for strengthening	helps in backward strokes