



Name :jedidah

Sport : swimming

January 4th 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	Zwift's over /unders	1	1	8minutes	activities the full body endurances	helps in load limits for the body
2	Zwift's over /unders	2	1	12 minutes	activities the full body endurances	helps in load limits for the body
3	Zwift's over /unders	3	1	8minutes	activities the full body endurances	helps in load limits for the body
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