



Name :jedidah

Sport : swimming

February 1st 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	TRX Y-raises	3	2	15	activities the multi movement from the upper arms	helps in strengthening the arms for better pull
2	Reverse Flyes	3	2	15	activities the multi movement from the upper arms	helps in dive to strokes for playoff position
3	Eggbeater Kicks	3	1	20	activities the tension in the legs	helps in power kicks
4	Lat Pulldowns	3	2	15	activities the upper back muscles	helps in pulling and pushing
5	Windshield Wipers	3	3	12	activities the core stability and spine	helps in hip switch
2nd 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	the 3 -2-1 *10	10	1	10 minutes	activities the a ATP (oxygen intake )	helps in endurance
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

<b>3rd day</b>	<b>exercise</b>	<b>around</b>	<b>set</b>	<b>repetitions</b>	<b>Why it is recommended</b>	<b>What happens if you do</b>
<b>1</b>	Scapular retractions	3	2	12	activities the shoulder blade for mobility	helps in tension the shoulder blade muscle
<b>2</b>	Landmine Twists	3	2	12	activities the power switch for hip and leg	helps in engage the hip thrust
<b>3</b>	Vertical Kicking	3	2	12	activities the leg alignment	helps in power kicks
<b>4</b>	spiderman pushup	3	2	12	activities the midline movement	helps in position changing
<b>5</b>	toe to bar	3	2	12	activities the core and stability of midline	helps in good core and grip strength