



Name :jedidah

Sport : swimming

March 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	Battle Ropes	5	1	45sec	activities the upper arms mobility	helps in muscles endurance and strength
2	Dolphin Kicks	5	1	45sec	activities the the hip joint	helps in muscles endurance and strength
3	Plyo pushup	5	1	45sec	activities the shoulder strength	helps in muscles endurance and strength
4	Med Ball Rotational Throws	5	1	45sec	activities the lateral flow	helps in muscles endurance and strength
5	Reverse hyperextensions	5	1	45sec	activities the the back and core strength	helps in muscles endurance and strength
2nd 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
3rd 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