



Name :jedidah

Sport : swimming

March 2nd 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	Breaststroke Pull Outs	3	2	20	activities the power for pulling	helps in midline stability
2	TRX Y-raises	3	2	15	activities the multi movement from the upper arms	helps in strengthening the arms for better pull
3	T-bar rows	3	2	15	activities the midline balance and back muscles	helps in strong pulling for the payoff
4	Bulgarian Split Squats	3	2	12	activities the the single strengthening	helps in power kicks
5	Barbell hip thrusts	3	2	15	activities the in power wave from hip	helps in hip strengthening for thrust
2nd day	exercise	around	set	repetitions	Why it is recommended	What happens if you do
1	Scapular retractions	3	2	12	activities the shoulder blade for mobility	helps in tension the shoulder blade muscle
2	Landmine Twists	3	2	12	activities the power switch for hip and leg	helps in engage the hip thrust
3	Vertical Kicking	3	2	12	activities the leg alignment	helps in power kicks
4	spiderman pushup	3	2	12	activities the midline movement	helps in position changing
5	toe to bar	3	2	12	activities the core and stability of midline	helps in good core and grip strength
3rd day	exercise	around	set	repetitions	Why it is recommended	What happens if you do

<b>1</b>	12 -3- 20	2	1	10 minutes	activities the for better breathing control	helps in claim the body endurance
<b>2</b>	clean and jerk	6	1	8	activities the strength and power switch	helps in jumping place management
<b>3</b>	Eggbeater Kicks	3	1	20	activities the tension in the legs	helps in power kicks
<b>4</b>	T-bar rows	3	2	15	activities the midline balance and back muscles	helps in strong pulling for the payoff