



Name :jedidah

Sport : swimming

March 3rd 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	single dumbbell snatch	2	3	12	activities the explosive from hip and arms	helps in good coordination
2	RDL	2	3	12	activities the single leg balance	helps in single power thrust form hip
3	TRX Pike	2	3	12	activities that strengthen the arms	helps in balance on midline
4	Swiss Ball Leg Curl	2	3	12	activities the lower back and hamstring stability	helps in strengthening the hamstring
5	Band Swimmer's Row	2	3	12	activities the for better strokes	helps in better good movement for arms
2nd 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

3rd 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	TRX Y-raises	3	2	15	activities the multi movement from the upper arms	helps in strengthening the arms for better pull
3	squat clean	6	1	8	activities the the front lane for load	helps in lateral kicks
4	Reverse hyperextensions	5	1	45sec	activities the the back and core strength	helps in muscles endurance and strength