



Name :jedidah

Sport : swimming

March 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	Breaststroke Pullouts	3	2	20	activities the power for pulling	helps in
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

<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>	push press	6	1	8	activities the upper back and arms	helps in power strokes
<b>2</b>	front squat	6	1	8	activities the quad for better muscles coordination	helps in push off and dive
<b>3</b>	hills to help	2	1	8miutes	activities the for better breathing control	helps in claim the body stress
<b>4</b>	barbell rowing	6	1	8	activities the the mid back muscles for strengthening	helps in backward strokes