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## CHS Swim Team: Dry-Land Exercises

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### Beginner

#### Cardio:

30 Jumping Jacks  
30 High Knees  
30 Sec Jog  
30 Side-to-Side Skips  
30 Front-to-Back Skips  
30 Sec Jump Rope

#### Legs:

30 Lunges  
30 Squat Jumps  
30 Streamline Jumps

#### Upper Body:

30 Mountain Climbers  
3x10 Push-Ups 20 sec rest

#### Core/ Abs:

30 Sit-ups  
30 Regular Crunches  
30 Reverse Crunches  
30 Jack Knives  
30 Flutter Kicks  
30 Russian Twists  
1 min Face-Down Plank  
2 min Side to Side Plank  
2 min Wall-Sit

### Intermediate

#### Cardio:

40 Jumping Jacks  
40 High Knees  
40 Sec Jog  
40 Side-to-Side Skips  
40 Front-to-Back Skips  
40 Sec Jump Rope

#### Legs:

40 Lunges  
40 Squat Jumps  
40 Streamline Jumps

#### Upper Body:

40 Mountain Climbers  
4x10 Push-Ups 15 sec rest

#### Core/ Abs:

40 Sit-ups  
40 Regular Crunches  
40 Reverse Crunches  
40 Jack Knives  
40 Flutter Kicks  
40 Russian Twists  
2 min Face-Down Plank  
2 ½ min Side to Side Plank  
3 min Wall-Sit

### Advanced

#### Cardio:

50 Jumping Jacks  
50 High Knees  
50 Sec Jog  
50 Side-to-Side Skips  
50 Front-to-Back Skips  
50 Sec Jump Rope

#### Legs:

50 Lunges  
50 Squat Jumps  
50 Streamline Jumps

#### Upper Body:

50 Mountain Climbers  
5x10 Push-Ups 10 sec rest

#### Core/ Abs:

50 Sit-ups  
50 Regular Crunches  
50 Reverse Crunches  
50 Jack Knives  
50 Flutter Kicks  
50 Russian Twists  
3 min Face-Down Plank  
3 min Side to Side Plank  
4 min Wall-Sit



### Extra movements

Hollow rocks: laying on legs and arms off the ground arms in stream line and have then rock back and forth from the butt to there shoulders

1. Butt kickers
2. Burpees
3. Inchworms in place push up at the bottom
4.  $\frac{3}{4}$  squats: squat to the bottom and only come up  $\frac{3}{4}$  of the way
5. Push up & squat holds: hold at the bottom no longer than 45 seconds at first can work up to a longer time. 3 sets
6. Negative movement (advance): any movement done in a negative witch just mean slower therefore more time under tension
7. Partner leg swings: one is on their back legs in the air while the other is pushing their legs down. Goal is to keep legs off the ground
8. Jumping lunges
9. Single leg RDLs keep a neutral spine
10. V-ups
11. Leg raises/ leg raises holds

12. Legs to wall: on back, head against the wall and bring toes to the wall with straight legs
13. Bear claws
14. Ninja rows: laying on your back roll from your shoulders to your feet in on movement
15. Crucifers arms raised at your side 1 minutes thumbs up and one minute thumbs down
16. Step ups: have them step up to something like a box, bench, block. etc
17. Penguin taps: on back legs bent and rock side to side touching heels

### In water movement

1. Wall pushups: push body out of the water
2. Wall walks: push up out of the water and walk down the gutter
3. Block pull ups
4. Toes to blocks (advance): hold on to block handles being toes to block

### Skill-Based Assessments:

1. Vertical Jump Test
2. Broad Jump Test
3. Speed Test
4. Balance Test