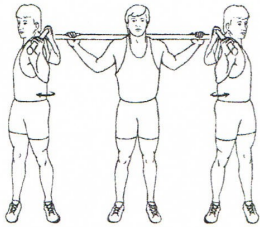


Swimmer's (free-weight) Exercise Routine

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach

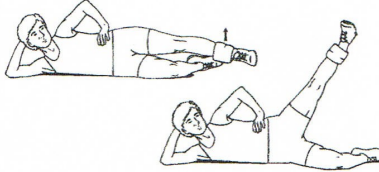


ABS - 39 Trunk Twist



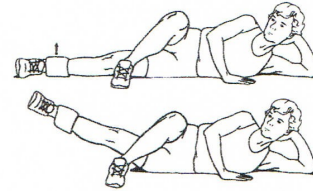
Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.
Do 3 sets. Complete 15 repetitions.

LEGS: GLUTES / THIGHS - 34 Leg Abduction: Single Leg (Ankle Weight)



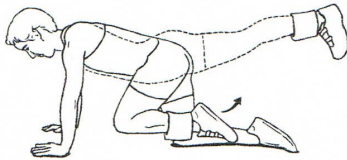
Top leg weighted and straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.
Do 2 sets. Complete 15 repetitions.

LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg (Ankle Weight)



Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.
Do 2 sets. Complete 15 repetitions.

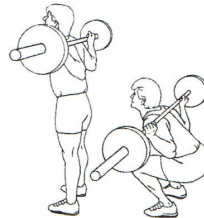
LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.
Do 3 sets. Complete 15 repetitions.

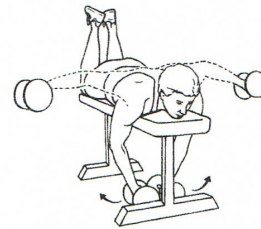
LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



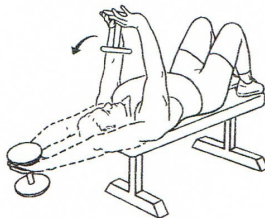
Do 3 sets.
Complete 15 repetitions.

SHOULDERS - 19 Rear Deltoid Raise: Lying (Dumbbell)



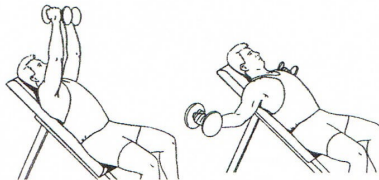
From high bench, elbows slightly bent, palms in, raise arms to shoulder height.
Do 3 sets. Complete 15 repetitions.

CHEST - 11 Pull-Over: Straight Arms (Dumbbell)



Lower arms until parallel with floor, keeping arms nearly straight.
Do 3 sets. Complete 15 repetitions.

CHEST - 13 Fly: Incline (Dumbbell)



Elbows slightly bent, lower arms until parallel with floor, palms up.
Do 3 sets. Complete 15 repetitions.

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

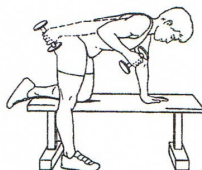
Lift weight to side of chest, keeping elbow close to body.



Do 2 sets.
Complete 15 repetitions.

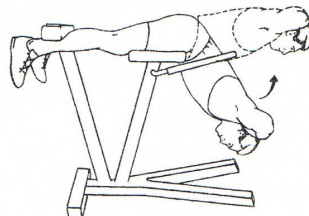
ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

Straighten arm, keeping upper arm in line with body.



Do 2 sets.
Complete 15 repetitions.

BACK: LOW - 9 Extension



Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.
Do 3 sets. Complete 20 repetitions.

ABS - 33 Knee Raise

Tighten abdominals and bend legs, pulling knees toward chest.



Do 3 sets.
Complete 20 repetitions.

