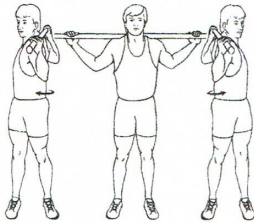


# Swimmer's (machine weights) Exercise Routine

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



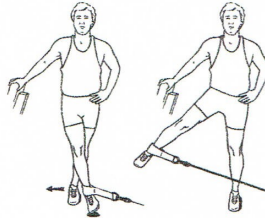
ABS - 39 Trunk Twist



Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.

Do 3 sets. Complete 15 repetitions.

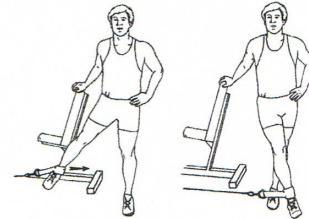
LEGS: GLUTES / THIGHS - 33 Leg Abduction: Standing (Cable)



Holding support, sweep leg outward away from body.

Do 2 sets. Complete 15 repetitions.

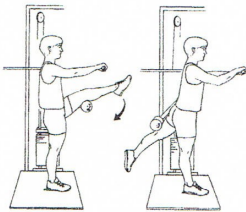
LEGS: GLUTES / THIGHS - 37 Leg Adduction: Standing (Cable)



Holding support, sweep leg inward across body.

Do 2 sets. Complete 15 repetitions.

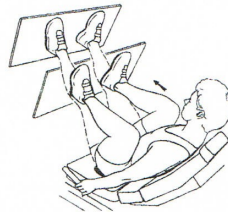
LEGS: GLUTES / THIGHS - 28 Hip / Glute Extension Standing - Straight Leg (Machine)



Leg over pad in front, pull leg down and backward, keeping leg as straight as possible.

Do 2 sets. Complete 15 repetitions.

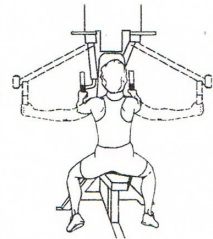
LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)



Press forward until legs are just short of locked knee position.

Do 2 sets. Complete 15 repetitions.

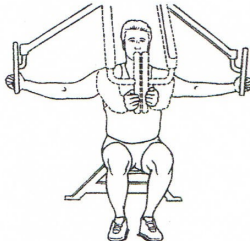
SHOULDERS - 21 Rear Deltoid Fly (Machine)



Upper body firmly against pad, rotate arms backward as far as possible.

Do 3 sets. Complete 15 repetitions.

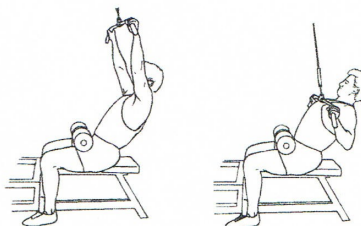
CHEST - 52 Fly (Machine)



Bring handles together, keeping elbows slightly bent.

Do 3 sets. Complete 15 repetitions.

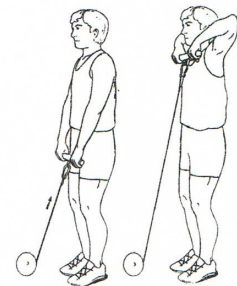
BACK: LATS - 12 Pull-Down: 45° Angle (Cable)



Leaning back slightly, pull bar to upper chest.

Do 3 sets. Complete 15 repetitions.

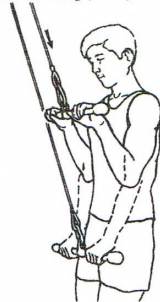
BACK: TRAPS - 5 Row: Upright - Narrow Grip (Cable)



Knees slightly bent, pull bar to chin, leading with elbows.

Do 2 sets. Complete 15 repetitions.

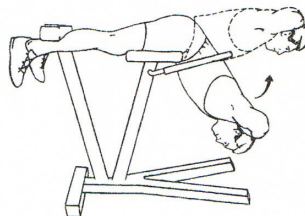
ARMS: TRICEPS - 18 Extension: Standing (Cable)



Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do 2 sets. Complete 15 repetitions.

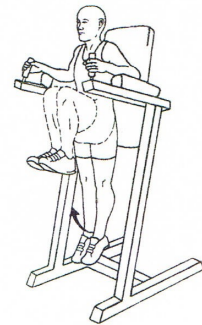
BACK: LOW - 9 Extension



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 15 repetitions.

ABS - 33 Knee Raise



Tighten abdominals and bend legs, pulling knees toward chest.

Do 3 sets. Complete 20 repetitions.

