

# (General) BAR CIRCUIT

(Bar: 5-10 kg.)

Video available



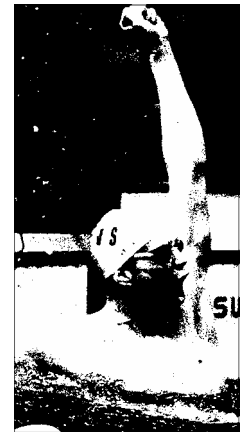
## Coaching / Technique Issues

BAR must **never** touch the floor

**Remember: Body position determines muscle recruitment**

Correct, Controlled Movements as directed: **100% Right is 100% Right .... 99% Right is 100% Wrong**

1. **Bar Clean & Press (10):** feet flat on the ground; bend your knees; elbows under the bar before pushing to full extension.
2. **¼ Squat Springs (15):** small springs; maintain balance; spring off the balls of the feet.
3. **Bicep Curls (15):** stay tall; full extension of the arms as bar is lowered; controlled.
4. **Tricep Curls (15):** work tall; keep elbows up, and still.
5. **Sit-Ups (20):** bar on chest; knees bent, feet flat on floor; variations? (Bar must not touch the floor)
6. **Reverse Curls (15):** hands in reverse position; emphasis shifts to forearms.
7. **Switch-Over Springs (20):** balanced; on the balls of the feet.
8. **Military Press (10):** don't lean back; press to full extension.
9. **Lunges (10):** count is on one (1) lead leg; keep upper body upright; strive to develop extension of the back leg; the lower front leg is vertical in the full extension position.
10. **Extended Sit-Ups (15):** tricep curl grip; extend completely before sitting up.
11. **Heel (Calf) Raises (10):** stay tall; slow descent, rebound quickly off the floor; balance.
12. **Bench Press (20):** knees bent, feet flat on floor; hands slightly wider than shoulders.
13. **Upright Rowing (15):** narrow grip; elbows always stay above the bar; lift up along the line of the body; stay tall / upright.
14. **½ Squats (20):** eyes up; back straight; heels on the ground throughout; weight through the heels; do not squat the thigh beyond parallel to the floor.
15. **Bent-Over Rowing (20):** slight bend at knees; back parallel to the floor; hands at least shoulder width apart; elbows "out".



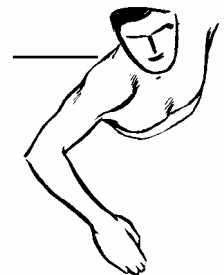
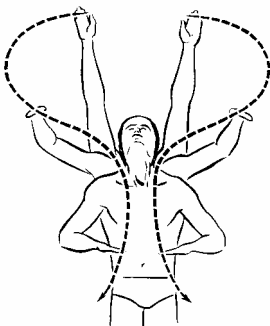
Build to: 2-3 x Bar Circuit, twice a week .... separate the cycles with 30-60 seconds Skip Drill, or, skipping.  
Maintain fluid intake throughout the circuits.

**Music ... Music ... Music**

(On the video, Lunges appear at No. 8; Military Press, No. 9)

## Hang Tough !!

**"The harder (and smarter) you train,  
the harder it is to surrender."**



**General Circuit is to be supplemented with:**

1. Pulleys
2. Cross-Body Lifts as directed
3. Push Ups / Chin Ups

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# (General) BAR CIRCUIT .. an Intro for Swimmers

(Bar: 5-10 kg.)

Demonstration video available

## Coaching / Technique Issues

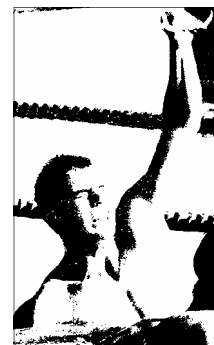
BAR must **never** touch the floor (except when completing Dips, Cross Body Lifts, and Pulleys)

**Remember: Body position determines muscle recruitment**

Correct, Controlled Movements as directed: **100% Right is 100% Right .... 99% Right is 100% Wrong**

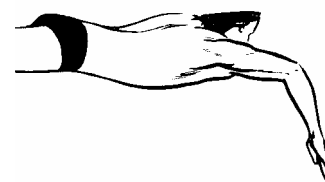


- 1. Bar Clean & Press (10):** feet flat on the ground; bend your knees; elbows under the bar before pushing to full extension.
- 2. ¼ Squat Springs (15):** small springs; maintain balance; spring off the balls of the feet.
- 3. Dips (15):** use a chair / bench or similar; back upright, eyes up; 90° angle before extension; down *slow*, up *fast*.
- 4. Reverse Curls (15):** hands in reverse position; emphasis shifts to forearms; do not swing.
- 5. Sit-Ups (20):** bar on chest; knees bent, feet flat on floor; variations? (Bar must not touch the floor)
- 6. Cross-Body Lifts (2 x 10):** 10 x Left Arm / Right Leg .. alternating with .. 10 x Right Arm / Left Leg .. straight arms / straight legs; toes / fingers extended.
- 7. Switch-Over Springs (20):** balanced; on the balls of the feet.
- 8. Lunges (10):** count is on one (1) lead leg; keep upper body upright; strive to develop extension of the back leg; the lower front leg is vertical in the full extension position, heel beneath the knee.
- 9. Extended Sit-Ups (15):** bicep curl grip; extend completely before sitting up.
- 10. Bench Press (20):** knees bent, feet flat on floor; hands slightly wider than shoulders.
- 11. Upright Rowing (15):** narrow grip; elbows always stay above the bar; lift up along the line of the body; stay tall / upright.
- 12. ½ Squats (20):** eyes up; back straight; heels on the ground throughout; weight through the heels; do not squat the thigh beyond parallel to the floor; down *slow*, up *fast*.
- 13. Pulleys (50):** butterfly arms; head down, maintaining back – pulley (cord) alignment; be sure to finish final section of the stroke, pushing back to the upper thighs, fingers pointing down.
- 14. Bent-Over Rowing (20):** slight bend at knees; back parallel to the floor; hands at least shoulder width apart; elbows “out”.



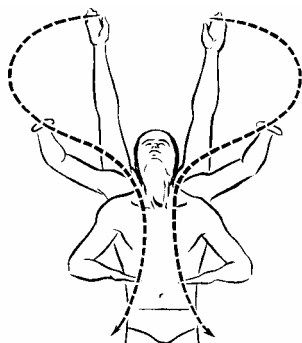
**Build to:** 2-3 x Bar Circuit, 2-3 times a week; separate the cycles with 30-60 seconds Skip Drill, or, skipping, **and**, 15-25 Push-Ups.

Maintain fluid intake throughout the circuits.



## Hang Tough !!

**“The harder (and smarter) you train,  
the harder it is to surrender.”**



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## Bar Circuit .. 1

- Bar Clean & Press
- ¼ Squat Springs
- Bicep Curls
- Tricep Curls
- Sit-Ups
- Reverse Curls

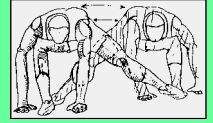


Side Lunges

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

## Bar Circuit .. 1

- Bar Clean & Press
- ¼ Squat Springs
- Bicep Curls
- Tricep Curls
- Sit-Ups
- Reverse Curls

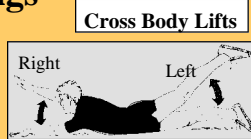


Side Lunges

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

## Bar Circuit .. 2

- Revise Bar Circuit 1
- Switch-over Springs
- Military Press
- Lunges
- Cross Body Lifts
- Extended Sit-Ups

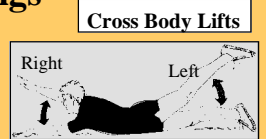


Cross Body Lifts

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## Bar Circuit .. 2

- Revise Bar Circuit 1
- Switch-over Springs
- Military Press
- Lunges
- Cross Body Lifts
- Extended Sit-Ups

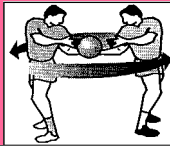


Cross Body Lifts

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

## Bar Circuit .. 3

- Revise Bar Circuits 1 & 2
- Heel Raises
- Bench Press
- Upright Rowing
- ½ Squats
- Bent-Over Rowing

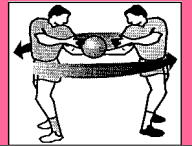


Rocky ½ & Full Twists

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## Bar Circuit .. 3

- Revise Bar Circuits 1 & 2
- Heel Raises
- Bench Press
- Upright Rowing
- ½ Squats
- Bent-Over Rowing



Rocky ½ & Full Twists

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## Bar Circuit .. x 1

- Full Bar Circuit  
+  
Rapid Dumbbell Curls  
Resistance A-Skip  
Running-the-Boards



Rapid Form Skipping

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## Bar Circuit .. x 1

- Full Bar Circuit  
+  
Rapid Dumbbell Curls  
Resistance A-Skip  
Running-the-Boards

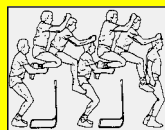


Rapid Form Skipping

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

## Bar Circuit .. x 3

- Full Bar Circuit x 3  
+  
Rapid Dumbbell Curls  
Resistance A-Skip  
Running-the-Boards  
Focus Mitts

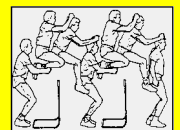


Bounds: various

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

## Bar Circuit .. x 3

- Full Bar Circuit x 3  
+  
Rapid Dumbbell Curls  
Resistance A-Skip  
Running-the-Boards  
Focus Mitts



Bounds: various

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)