

A Simple Dryland Circuit (2)

6-8 minutes each station



"High" elbow; fingers point to pool bottom

1. Punching Bag / Mitts

Fast, rhythmic punches .. equal emphasis on both sides;
don't punch hard, punch fast
Left to Right – Right to Left
Cross Overs
Variations

4 x 30-50 hits



2. Cross Body Lifts: 2-3 x 6-10

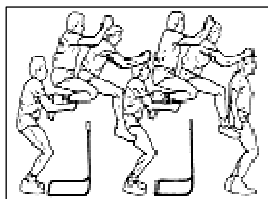


+

Russian Twists (20) between sets.
Seated, poolside or on chair; body upright; ball/weight held parallel to thighs, arms at 90°; grip tight; twisting left to right, right to left .. controlled movements.



3. Hurdle Bounds + 10 x Crunchers (after every 10 Bounds) (athletes **MUST** have footwear)



Sets of 5H

10 x "Pre-Jump" Bounds
10 x "Explosive 1" Bounds
10 x "Explosive" Bounds + "stick" the landing position .. hold for 1-2 seconds.
10 x "Explosive 1" Bounds
10 x "Pre-Jump" Bounds
In sneakers .. NOT bare feet.
"Pre-Jump" aim(s): balance, rhythm, co-ordination;
"Explosive 1" aim: minimum time on ground.
Knees to chest - **not** - chest to knees

50 contacts

+



Feet flat;
Knees up;
Raise torso to 1/4 .. maintain tension on abdominals;
hold for 2 seconds.
Variations can be applied

4. Swim: as directed:

Fins .. without Fins
Stroke(s)
Kick(s)

Resistance Cords
Resistance/Assistance
Drill(s)



Henry & Hackett

5. Pulleys

Butterfly and/or Freestyle action ... *finish the stroke.*
Forward lean .. arms extended / head & back alignment;
slight knee bend.
Maintain tension on the pulley at all times
Can do B/R out-sweep (with approval)

2-3
x
50
or, as directed



6. Swim: as directed:

Fins .. without Fins
Stroke(s)
Kick(s)

Resistance Cords
Resistance/Assistance

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Circuit 2 is more challenging than Circuit 1; but, it's all up to you and how hard you are prepared to work .. you will only get out, what you put in.