

A Simple Dryland Circuit (1)

6-8 minutes each station



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

3-4 x 30-50

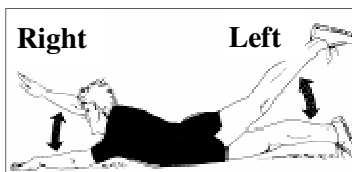


2. Cross Body Lifts: 2-3 x 6-10 + 10 Crunchers

Lie face down on a comfortable, flat surface; legs extended fully, toes pointed (swimming streamline); feet together; arms extended straight forward, fingers stretched, palms down; face looking directly downward, nose touching the ground; arms & legs to be raised straight (streamlined), with knees well clear of the ground with at least the mid-point of the thigh off the surface; right arm with left leg / left arm with right leg ..

hold each lift for 2-3 seconds

Crunchers (10) .. between sets (3-5 kg. Medicine ball or Weight)



Cross Body Lifts

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3. Poolside Push-Ups + B/R Kick Wall Slide

Poolside Push-Ups

Legs crossed;
Head up,
Lower until upper arm parallel to edge of pool (90°)
Slow-Moderate Tempo

B-R Kick .. Wall Drill

Feet shoulder width apart .. streamline stance; heels on the ground (maintained throughout) slide down the wall, lowering butt, touching insides of the knees; maintain contact between hips, back of head and back of hands and the wall throughout.

Down Slow .. Up FAST



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20 Poolside PU + 10 B/R Wall Slide

Repeat .. change when Push Ups complete

4. Rapid Form SKIPPING + 20 x Russian Twists

NO schoolyard skip steps

Work towards rapid form ("running") execution .. count 50; then 75, then 100 continuous; then, 2-3 x 100.

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.



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5. Pulleys

Butterfly and/or Freestyle action ... finish the stroke.

Forward lean .. arms extended / head & back alignment; slight knee bend.

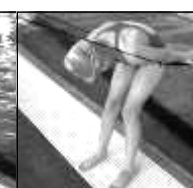
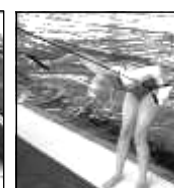
Maintain tension on the pulley at all times

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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There are many more Circuits