



# WELLSPORT

## Swimmer's Dry Land 15+

Warm-Up Exercise	10-15 Reps	2-3 Sets
Prone W's		
Scorpions		
Wall Press Heel Taps		

Exercise	Reps Completed	3-5 Sets: Completed	Weight
Bird Dog DB Row x10/side			
Squat Overhead Press Plyo: Jump Squats x10-15			
Side Plank External Rot x10/side			
Single Leg RDL with Row x10-15/side			
Toe Tap Matrix x5-10/side			
High Plank: Hands on Ball 30+ seconds			
3 Position Plank 10 sec/position			