



WELLSPORT

Swimmer's Dry Land U14

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

Exercise	Reps	3-5 Sets	Weight
Base Stance Single Arm Row s10/side			
Body Weight Squat (Plyo option: Frog Jump) x10-15			
Rotator Cuff Sliders x10/side			
Single Leg RDL with Band x10-15/side			
Toe Tap Matrix x5-10/side			
High Plank: Hands on Foam Roller 30+ seconds			
3 Position Plank 10 sec/position			