Dryland for Swim & Dive

#1 #3

Pushups Dips

Row boats Squats

Hill Climbers Supermans

Hollow reaches Bridge lift with arm crossover

Ankle flexions 1” pushups

Pushups while your forearms on the ground streamline rolls (5 each direction)

Leg swings leg rollovers

Lateral

forward

#2 #4

Pull ups Up/dn pushups

Planks seals

Lateral seated squats

Front Jump rope

Back Russian twist

Calf raisers hands under the legs…kicks

From hands and knees… in pushup position… hand touch to opposite

opposite stretch hands and feet alt shoulder

push bacs while holding on fixed post alt hip

Sets should be done on intervals of 30,45,60 seconds with the same rest