

HOBART AQUATIC MASTERS DRY CIRCUIT TRAINING

With this training the focus is on quality rather than quantity. As with swimming, only do exercises whilst you can maintain your technique and posture. For example, when doing push-ups, stop if you start to sag through your low back or you have to raise your backside to ease discomfort.

Use only small weights, no heavier than 2 kg for each dumbbell.

Plan to spend about 45 minutes doing this workout including warm up and cool down, and plan on doing the sequence of exercise about three times.

WARM UP

Always do a warm-up for about 5 to 10 minutes. You will know you have warmed up when your breathing pattern changes and you start to breathe more heavily. This is especially important if you exercise first thing in the morning. Don't forget to have some water first and stay well hydrated during and after the training session.

Options:

1. Do squats and simple shoulder rotations/entire arm swings forward and backwards to warm up muscles and elevate your heart rate. Squats are a great warm-up exercise because they involve large muscles.
2. Go for a jog or power walk with a weight in each hand, climb some stairs or walk up a hill to get your heart pumping at a comfortable but elevated level.

TRAINING EXERCISES

Adapt the order if you wish, but do lightweight/load exercises first. Do not force the heavier weight bearing exercises such as push ups. Focus on quality rather than quantity. Always maintain control of your movements and your balance. Control your breathing as if you were swimming – time your inhale and exhale with exercise movements such as down - inhale and up - exhale.

REPETITIONS

Set a target number of repetitions or a target time for each exercise that is relatively comfortable for you. For example, 30 seconds per exercise or 30 repetitions. Move quickly from one exercise to the next and rest when you have completed the entire sequence.

SQUATS



1. Standing with feet shoulder width apart and pointing forward (parallel) and hands clasped behind your back or on your hips, squat as if going to sit on a chair.
2. Only go down so far as you can maintain good posture and a straight back. Resist any tendency to bend forward. Try to keep your back vertical.

3. Option:

- a. Do squats while holding light weights.

BURPEES



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1. Begin in a standing position, arms by your sides.
2. Move into a squat position with your hands on the ground.
3. Jump or step your feet back into a plank/push-up position, while keeping your arms extended.
4. Jump or step your feet back into the squat position.
5. Stand up from the squat position and jump (if you can) with your hands raised above your head (as if you are in a Toyota ad)
6. Move into a squat position and recommence the sequence.

STATIC PLANK



1. Take up the push-up position and hold it. Engage your core and make sure your backside is not above a straight line from the back of your head to your heels.

- a. Arms full extended, hands directly below your shoulders.
- b. Legs fully extended with toes curled on the ground
- c. Core engaged with your body straight like a plank
- d. Looking down between your hands.

2. Options:

- a. Place your forearms on the ground, with your elbows directly below your shoulders and forearms extended to the front with palms facing down.
- b. Advanced option for swimmers: do plank with toes pointed to the rear to improve ankle flexibility and instep strength.
- c. Place your knees on the ground. If you take this option, make sure your knees are as far back as possible and your back is straight.

ACTIVE PLANK WITH HAND LIFTS

1. Take up the plank position.
2. Alternate raising each hand up to your shoulder and placing it on the ground again.
3. Option:
 - a. Place your knees on the ground. If you take this option, make sure your knees are as far back as possible and your back is straight.

PLANK WITH LEG SWITCHES

1. Begin in plank/push-up position.
2. Alternate bringing your feet forward underneath your chest. Change the position of your feet backwards and forwards simultaneously or sequentially.

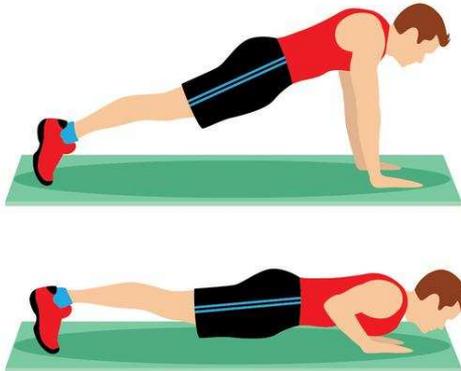
MINI SQUAT WITH JUMP



1. Stand up straight with your hands on your hips or clasped behind your back.
2. Do a small squat then jump vertically
3. On landing, allow your knees to bend into a small squat again.

4. Continue jumping and squatting.

PUSH-UP



1. Start in plank position with hands directly below shoulders. Neck in neutral position looking directly down.
2. Lower your chest towards the floor. Only go as far as you can maintain control and push back up. Do not go past the position where your upper arm is horizontal to the floor. Do not lower your chest to the ground.
3. Push back up to plank position.
4. Stop if your back collapses.
5. Options:
 - a. Start with your hands close together.
 - b. Start with your hands wider than your shoulders.
 - c. Start with your knees in contact with the ground.

ONE FOOT BALANCE



1. Stand on one foot and hold the posture. Stand with straight posture.
2. Options:

- a. With hands on hips or clasped behind your back, raise the other leg as high as possible, keeping it straight with toes pointed.
- b. Raise the other leg with the knee bent, and clasp the front of your knee with one or both hands.

COOL DOWN/RECOVERY OPTIONS

1. Lie on your back with your legs elevated/feet resting against a wall, with head resting on a folded towel and arms resting in the 'hands up' position (this may give you a gentle stretch across your chest). The 'hands up' position is with upper arms extending directly out from your shoulders and lower arms forming a right angle at the elbow, back of hands resting on the ground with palms facing up. If the back of your hands are not resting in contact with the ground, rest a light dumbbell in your hand and let the weight of the dumbbell gently force your hand against the floor. The rest of your arm should also be in contact with the floor. Relax in this position for about 10 minutes. Breathe deeply.
2. Go for a gentle walk for about 10 minutes, making sure you keep your shoulders moving as you go.
3. Do some stretches:
 - a. Standing upright place your right hand over the top of your head and over your left ear and gently pull your head towards your right shoulder. Hold for a slow count to ten then switch sides.
 - b. Standing upright clasp your hands behind your back and raise them as high as comfortably possible. Hold for a slow count to ten.
 - c. Standing upright and clasping a weight in each hand, hold the weights to your chest and twist to your right side as far as you can. Hold for a slow count to ten. Then twist to the left side and hold for a slow count to ten.
 - d. Standing upright and looking up, raise your hands above and behind your head to stretch your low back. Hold for a slow count to ten.
 - e. Take a large lunge step forward and turn to the side of your forward leg. Try to look behind you. Hold for a slow count to ten then do the same on the other side.
 - f. Standing upright raise your right foot backwards and clasp your instep. Pull your foot up until your heel is touching your right buttock, or as close to that as possible. Make sure your knees are together. Hold onto a wall with your left hand to balance if needed. Hold for a slow count to ten then switch sides.
 - g. Sitting on the ground with your legs extended and ankles in right angle position (toes not pointed), extend your arms forward along your legs until you feel a stretch along the back of your legs. Hold for a slow count to ten.