

swimmer circuit



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Athlete: Swimmer

**Fitness Goal: increasing upper
body muscular strength and
endurance // overall cardio**



UPPER BODY MUSCULAR STRENGTH:

Muscular strength is the ability of a muscle or muscle group to exert force to overcome the most resistance in one effort. Strength can be measured based on the amount of weight lifted.

UPPER BODY MUSCULAR ENDURANCE:

Muscular endurance is the ability of a muscle or muscle group to exert force to overcome a resistance many times. Often the resistance is the body itself. The measurement of muscular endurance is based on the number of repetitions performed.

CARDIO:

Cardio exercise is any exercise that works your heart. These exercises work out your cardiovascular system, causing your heart to work faster, to pump oxygen to the blood cells in your body.

Key Words

Key Equipment, Muscle Groups, Exercises

Muscle Groups:

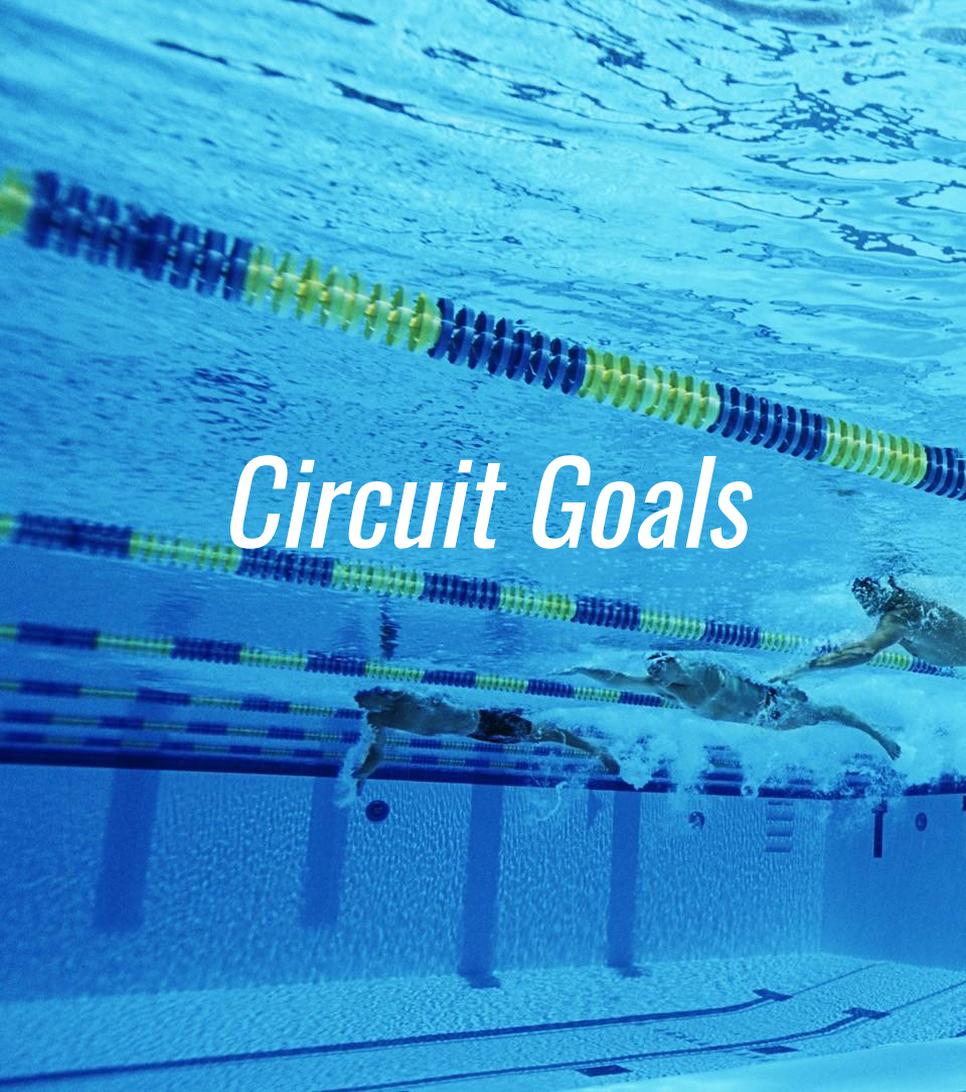
- Calves
- Gluteus maximus
- Abdomens
- Biceps
- Triceps
- Hamstrings
- Quadriceps

Equipment:

- Agility Ladders
- Bosu
- Med Balls
- Dumbbells
- Powerbands
- Kettlebells

Exercises:

- Powerband High Knees
- Dumbbell Burpees
- Kettle Bell Swings
- Bosu Step Ups
- Agility Ladder Steps
- Med Ball Rainbow Slams

An underwater photograph of a swimming pool. Several swimmers are visible in the water, moving from left to right. Lane lines with blue and yellow floats are stretched across the pool. The water is clear and blue. The bottom of the pool is visible at the bottom of the frame.

Circuit Goals

This circuit meets our swimmer's goals because the exercises involve cardio and/or upper body strength. We also incorporate the key equipment: **power bands**. Our exercises involve weighted objects, such as kettlebells, dumbbells, and med balls, therefore working out upper body muscles, and equipment to incorporate cardio, such as the bosu or agility ladder.

Layout



AMRAP
As Many Reps As
Possible

3 rounds
40 seconds at each
exercise
10 seconds between
each exercise
15 total minutes of
exercise

Powerband High Knees

Dumbbell Burpees

Kettlebell Swings

Bosu Step Ups

Med Ball Rainbow Slams

Agility Ladder

The image features five silhouettes of people in various warm-up poses against a light gray background. From left to right: a person performing a side leg lift, a person in a lunge with one arm extended, a person with both arms raised above their head, a person in a lunge with one arm extended, and a person performing a butt kicker. The word "warm up" is overlaid in large white letters across the center of the silhouettes.

warm up

jumping jacks, high knees, bicycle crunches, skier jumps,
squat knee drives, thread the needles, butt kickers

Power Band High Knees



This exercise can be completed by performing high knees with power band resistance.

Wrap the band around waist. Have the other person holding the band get into a nice squat position. Have the person inside the band start performing high knees with the other person putting resistance on them.

Skill components: coordination, agility, power, speed(runner)
Power, balance(squatter)

Fitness components: speed, strength, Muscular endurance(runner)
Strength, muscular endurance,

Progression



To make this exercise harder, you can add squats between every few reps.

Modification



To make this exercise easier, you can lower the height you bring your knees up (like a jog).

Dumbbell Burpees



Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Jump up, raise your hands above your shoulders still holding your dumbbells; place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto them. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and prepare for your next rep.

With every rep, you'll work your arms, chest, quads, glutes, hamstrings, and abs. This exercise is a full-body workout and helps cardio as well as muscular endurance.

Progression



If it's too easy, you can use heavier weights and add a pushup between each rep.

Modification



To modify this exercise, just perform regular burpees without the dumbbells.

Kettle Bell Swings



This workout focuses on the core, quads, glutes, hamstrings, lats, triceps, pecs.

Skill components: Balance, power, coordination.

Fitness components: strength, muscular endurance, body composition.

Swing the kettlebell over your head and wide squat at the same time.

Progression



To make this harder you can add a knee drive in with the usual kettlebell swings.

Modification



To make this less challenging, you can just squat with the kettlebell in your hand with limited swinging.

Bosu Step Ups



This exercise targets the Gastrocnemius, Gluteus, quadriceps, and the core.

Skill Components: strength, balance, coordination

This exercise helps with foot coordination, cardio

Fitness Components: muscular strength, endurance, speed, body composition.

Start with feet on the ground and step onto the bosu alternating between legs.

Progression



To progress the intensity of this exercise, after stepping up onto the bosu jump off into a squat.

Modification



To modify this exercise, you can just do knee drives on the bosu at a comfortable pace switching legs each time.

Med Ball Rainbow Slams



This exercise targets the TRICEPS, CALVES, GLUTES, QUADS and LATISSIMUS DORSI.

Fitness components: Muscular endurance, strength and conditioning, muscular strength, cardiovascular endurance.

Skill components: speed, coordination and balance.

Start in a lunge position with a medicine ball next to your feet. Pick up the ball from one side and lift it to the other side in a “rainbow” motion and lunge on the other side to place the ball on the ground next to your feet.

Progression



To make this harder you can add a twist. When you pick up the med ball, turn your waist, take it over your head, and slam it down on the other side.

Modification



If it's too hard, you don't have to lift the med ball all the way over your head.

Agility Ladder



This exercise targets the calves, gluteus maximus, hamstrings, quadriceps, core.

Skill components: agility, foot coordination, speed.

Fitness components: Endurance, muscular strength, speed.

Start on either side of the ladder. Put one leg in the square with one foot outside the square. Alternate between legs and go as fast as you can.

Progression



You can make this exercise more efficient, you can add a lunge to the side touching the floor both right and left then moving up one and repeating the process.

Modification



You can make this simpler by just stepping into the ladder with two feet going either right, left or left, right.

Cooling Down

Reasons Why You Cool Down:

- cooling down after exercise slows down your level of activity gradually
- allows muscles to return to their normal temperature to avoid injury
- heart rate and breathing rate regulate
- waste products are removed from muscles during this process
- reduce potential of muscle soreness
- “low to medium” intensity
- may improve flexibility



- planks
- straddle toe touches
- downward facing dog
- butterfly
- upward facing dog
- hip twists
- walking lunges

Sites

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