

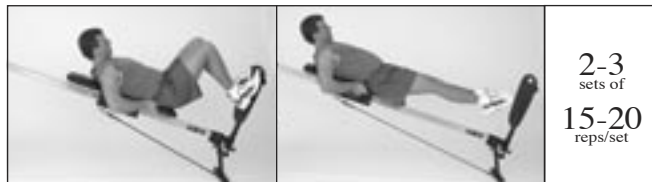
# VASA TRAINER CONDITIONING CIRCUIT- for Competitive Swimmers

This program is designed to build and maintain effective swim-specific strength and power to prepare you for competition. Here is a circuit of exercises you will be able to do with your Vasa Trainer. It's a routine that's simple and effective. Start with the following. Warm-up for 5-10 minutes with cardio-pull or aerobic freestyle.

- Frequency: 3 days per week, every other day. Swim or do aerobic training between strength workouts.
- Resistance: Start at lowest setting and increase by 1 increment for each additional set until 15 reps are difficult to complete using good form.
- Rest: Rest 1-2 minutes between exercises. Do a set of one exercise, rest, then do a set of the next exercise, rest and so on to complete the circuit. Repeat circuit for second and third sets.

exercises	# of sets and reps	exercises	# of sets and reps
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## 1. LEG PLYOMETRICS



## 2. BUTTERFLY

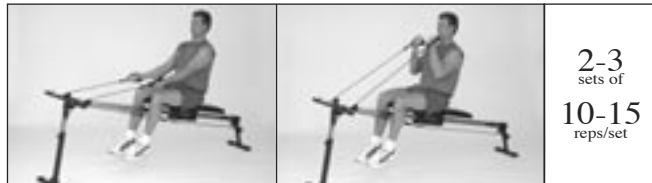


*\* If breaststroke is primary stroke, then do this exercise using breaststroke technique.*

## 3. SUPER AB CRUNCHES



## 4. BICEPS CURLS



## 5. SEATED ROWING



## 6. REVERSE FLYS



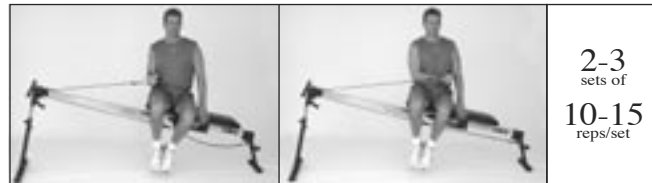
## 7. FREESTYLE - alternating



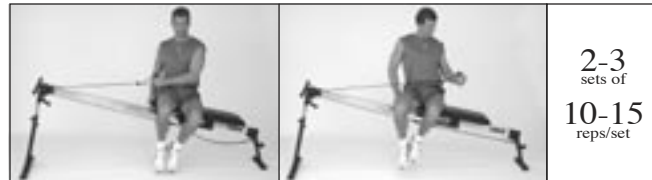
## 8. CHEST PRESS



## 9. INTERNAL ROTATOR CUFF - seated



## 10. EXTERNAL ROTATOR CUFF - seated





# VASA COMPETITIVE SWIMMING TRAINING LOG

DAY/DATE	(1) _/_-		(2) _/_-		(3) _/_-		(4) _/_-		(5) _/_-		(6) _/_-		(7) _/_-			
	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	
1 Plyo Squat																
2 Butterfly																
3 Super Ab Crunch																
4 Bi Curl																
5 High Lat Row																
6 Reverse Fly																
7 Freestyle																
8 Chest Press																
9 Internal Rotator Cuff																
10 External Rotator Cuff																
11																
12																
13																
14																
15																
16																
17																
18																

REPS = # OF REPETITIONS      SETS = # OF SETS      RES = RESISTANCE SETTING OR WEIGHTS