

PART 7 - VASA TRAINER WORKOUTS

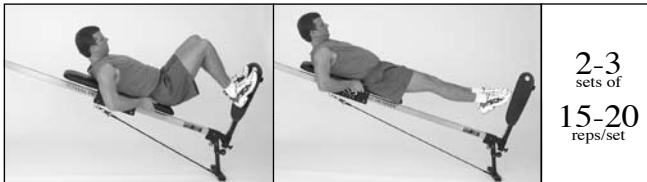
VASA TRAINER CONDITIONING CIRCUIT - for All-Around Athletes

This program is designed to build and maintain effective strength and power to prepare you for all activities. 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. 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.

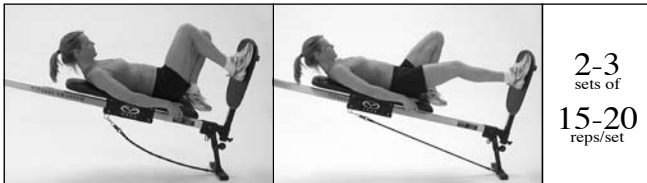
exercises # of sets and reps

1. PLYOMETRIC SQUATS (page 128)



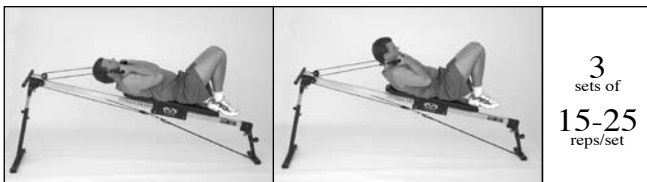
2-3 sets of
15-20 reps/set

2. LUNGES (page 127)



2-3 sets of
15-20 reps/set

3. RESISTED AB CRUNCH (page 91)



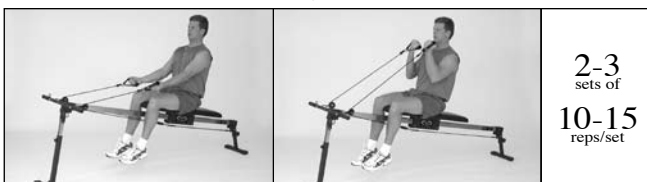
3 sets of
15-25 reps/set

4. CHEST PRESS (page 119)



2-3 sets of
10-15 reps/set

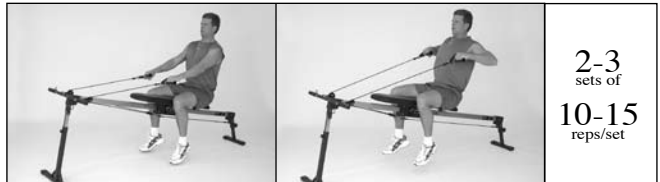
5. BICEPS CURLS (page 111)



2-3 sets of
10-15 reps/set

exercises # of sets and reps

6. SEATED ROWING (page 99)



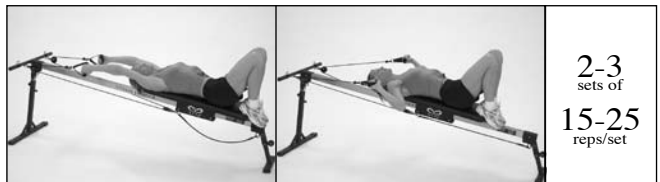
2-3 sets of
10-15 reps/set

7. REVERSE FLYS (page 143)



2-3 sets of
10-15 reps/set

8. LAT PULLDOWN (page 105)



2-3 sets of
15-25 reps/set

9. ASYMETRIC EXTENSION (page 151)



2-3 sets of
15-25 reps/set

10. TRICEPS EXTENSIONS (page 154)



2-3 sets of
10-15 reps/set

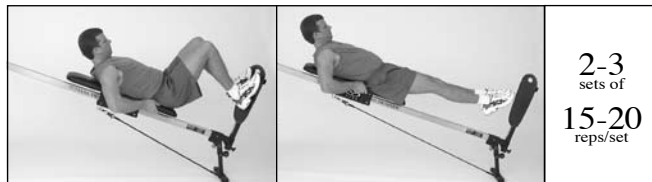
VASA TRAINER CONDITIONING CIRCUIT- for Competitive Swimmers

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.

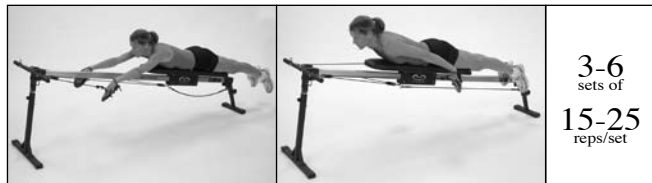
- Frequency: 3 days per week, every other day. Swim or do aerobic training between strength workouts.
- Resistance: Start at lowest setting and increase by 1 increment for each additional set until 15 reps are difficult to complete using good form.
- Rest: Rest 1-2 minutes between exercises. Do a set 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
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1. PLYOMETRIC SQUATS (page 128)



2. BUTTERFLY (page 110)

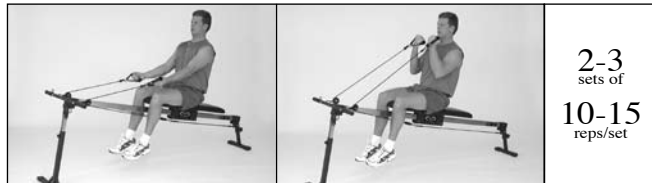


** If breaststroke is primary stroke, then do this exercise using breaststroke technique.*

3. SUPER AB CRUNCHES (page 95)



4. BICEPS CURLS (page 111)



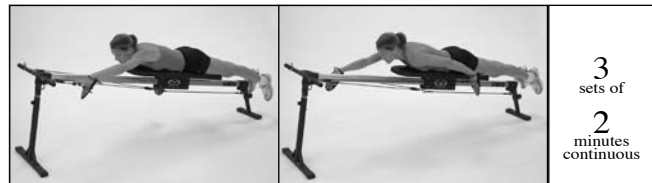
5. HIGH LAT ROW (SEATED ROW) (page 99)



6. REVERSE FLYS (page 143)



7. FREESTYLE ENDURANCE - alternating (pg. 61)



8. CHEST PRESS (page 119)



9. INTERNAL ROTATOR CUFF - seated (pg. 145)



10. EXTERNAL ROTATOR CUFF - seated (pg. 145)



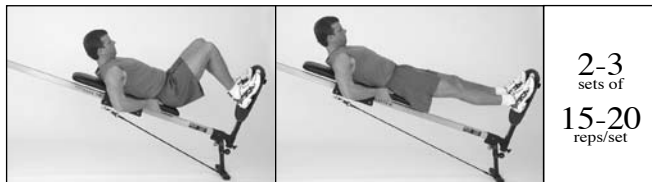
VASA TRAINER CONDITIONING CIRCUIT- for Fitness Swimmers

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.

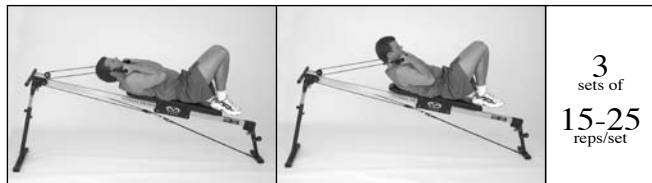
exercises # of sets and reps

1. PLYOMETRIC SQUATS (page 128)



2-3
sets of
15-20
reps/set

2. RESISTED AB CRUNCH (page 91)



3
sets of
15-25
reps/set

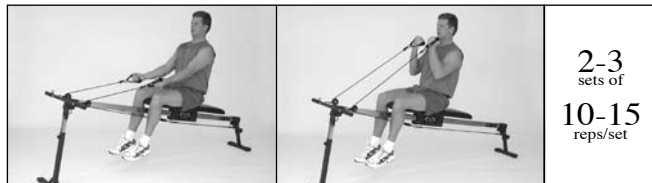
3. BUTTERFLY (page 110)



3-6
sets of
15-25
reps/set

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

4. BICEPS CURLS (page 111)



2-3
sets of
10-15
reps/set

5. REVERSE FLYS (page 143)



2-3
sets of
10-15
reps/set

exercises # of sets and reps

6. HIGH LAT ROW (SEATED ROW) (page 99)



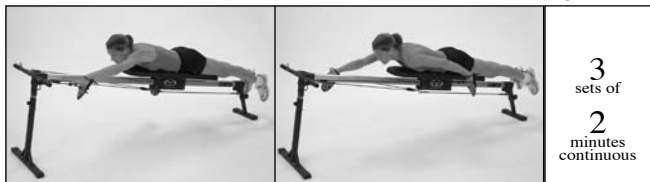
2-3
sets of
10-15
reps/set

7. CHEST PRESS (page 119)



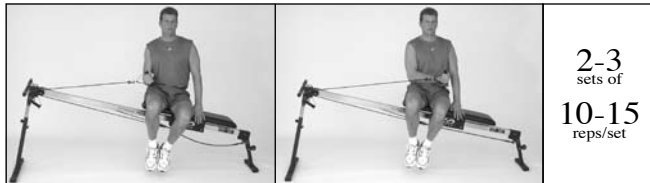
2-3
sets of
10-15
reps/set

8. FREESTYLE ENDURANCE - alternating (pg. 61)



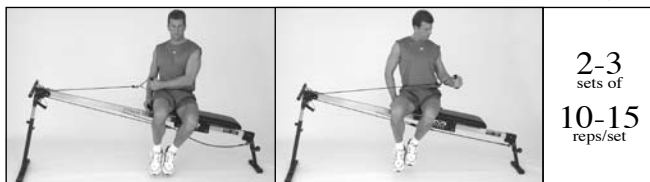
3
sets of
2
minutes
continuous

9. INTERNAL ROTATOR CUFF - seated (pg. 145)



2-3
sets of
10-15
reps/set

10. EXTERNAL ROTATOR CUFF - seated (pg. 145)



2-3
sets of
10-15
reps/set

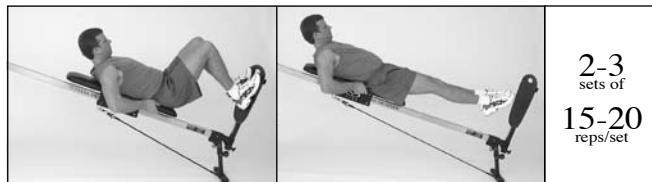
VASA TRAINER CONDITIONING CIRCUIT- for Nordic Skiers

This program is designed to build and maintain effective ski 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. 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. PLYOMETRIC SQUATS (page 128)



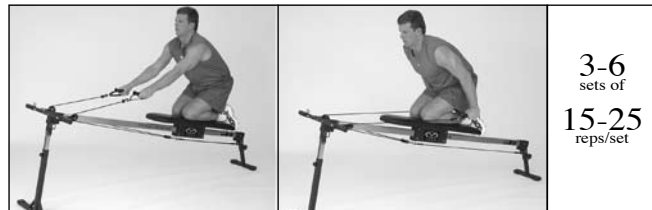
2. LUNGES (page 127)



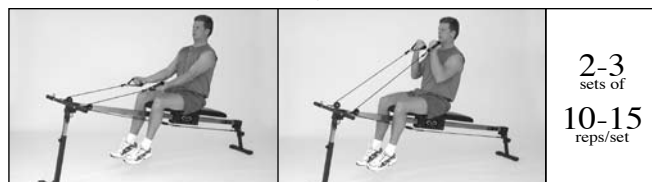
3. SUPER AB CRUNCHES (page 95)



4. NORDIC DOUBLE POLING - kneeling (page 108)



5. BICEPS CURLS (page 111)



6. REVERSE FLYS (page 143)



7. NORDIC SINGLE POLING - kneeling (page 109)



8. SHOULDER RAISES (poling recovery) (pg. 142)



9. CHEST PRESS (page 119)



10. RESISTED AB CRUNCH (page 91)



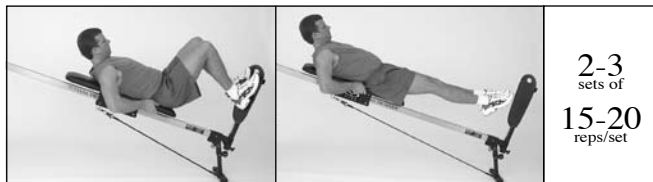
VASA TRAINER CONDITIONING CIRCUIT- for Rowers

This program is designed to build and maintain effective rowing-specific strength and power to prepare you for competition or just stay in shape. 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. Warm-up for 5-10 minutes with cardio-pull or aerobic freestyle.

- Frequency: 3 days per week, every other day. 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

1. PLYOMETRIC SQUATS (page 128)



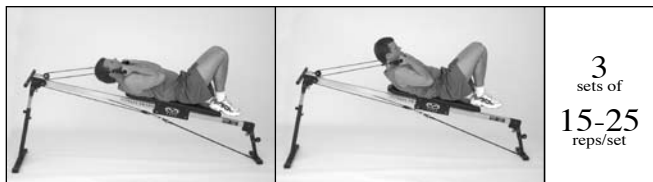
2-3
sets of
15-20
reps/set

2. LUNGES (page 127)



2-3
sets of
15-20
reps/set

3. RESISTED AB CRUNCH (page 91)



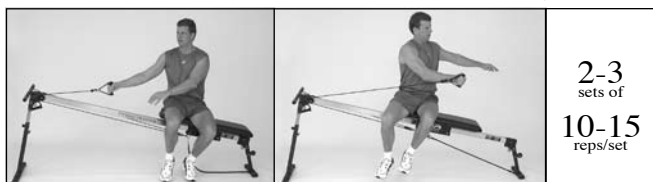
3
sets of
15-25
reps/set

4. STARBOARD SWEEP (page 107)



2-3
sets of
10-15
reps/set

5. SIDE SADDLE TWIST- FOREHAND (pg. 96)



2-3
sets of
10-15
reps/set

exercises # of sets and reps

6. SIDE SADDLE TWIST - BACKHAND (pg. 96)



2-3
sets of
10-15
reps/set

7. FRONT PLANE LEAN & PULL (page 97)



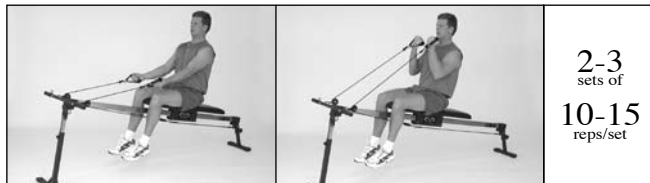
2-3
sets of
10-15
reps/set

8. HIGH LAT ROW (SEATED ROW) (page 99)



2-3
sets of
10-15
reps/set

9. BICEPS CURLS (page 111)



2-3
sets of
10-15
reps/set

10. CHEST PRESS (page 119)



2-3
sets of
10-15
reps/set

VASA TRAINER CONDITIONING CIRCUIT- for Surfers

This program is designed to build and maintain effective surfing-specific strength and power to prepare you to catch and ride more waves. 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. Warm-up for 5-10 minutes with cardio-pull or aerobic paddling.

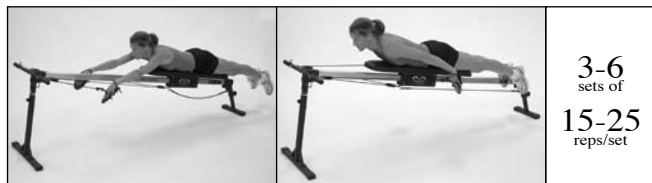
- Frequency: 3 days per week, every other day. Swim or do aerobic training between strength workouts.
- Resistance: Start at lowest setting and increase by 1 increment for each additional set until 15 reps are difficult to complete using good form.
- Rest: Rest 1-2 minutes between exercises. Do a set 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
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1. PLYOMETRIC SQUATS (page 128)



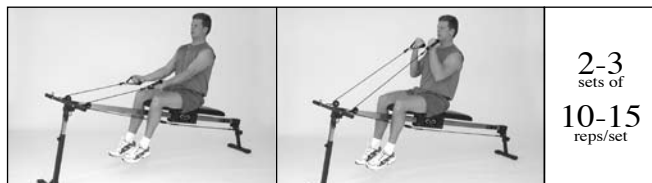
2. BUTTERFLY (page 110)



3. SUPER AB CRUNCHES (page 95)



4. BICEPS CURLS (page 111)



5. HIGH LAT ROW (SEATED ROW) (page 99)



6. REVERSE FLYS (page 143)



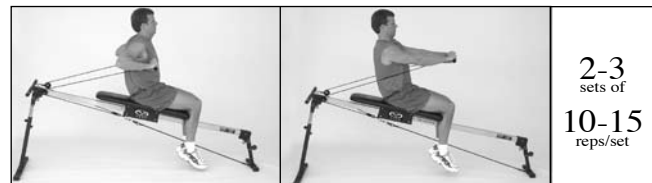
7. SURF PADDLING (page 82)



8. RESISTED AB CRUNCH (page 91)



9. CHEST PRESS (page 119)



10. SHOULDER RAISES (page 142)



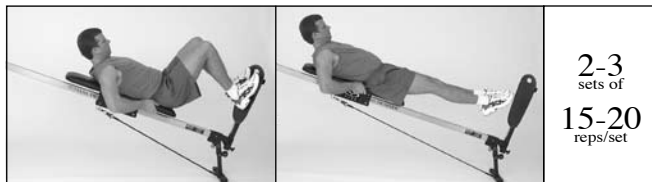
VASA TRAINER CONDITIONING CIRCUIT- for Triathletes

This program is designed to build and maintain effective swim, bike and run 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

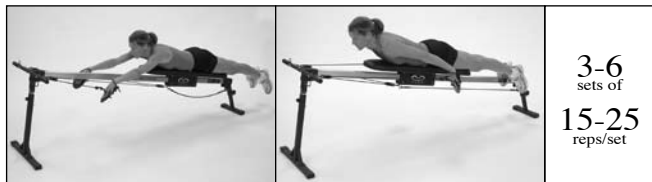
1. PLYOMETRIC SQUATS (page 128)



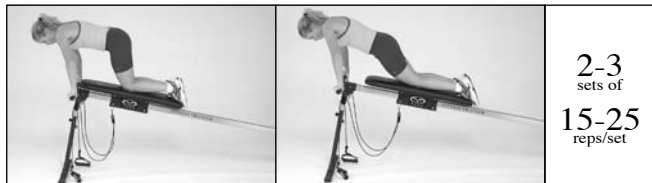
2. LUNGES (page 127)



3. BUTTERFLY (page 110)



4. SUPER AB CRUNCHES (page 95)

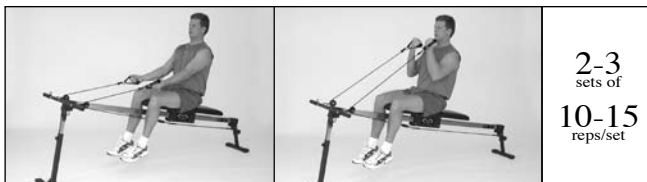


5. FREESTYLE ENDURANCE - alternating (pg. 61)



exercises # of sets and reps

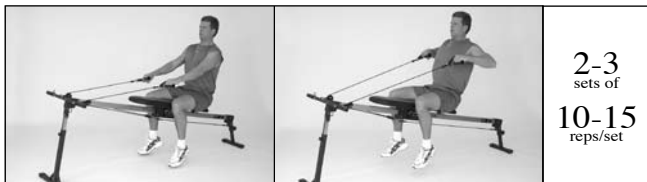
6. BICEPS CURLS (page 111)



7. REVERSE FLYS (page 143)



8. HIGH LAT ROW (SEATED ROW) (page 99)



9. CHEST PRESS (page 119)



10. TRICEP DIPS (page 156)

