

CLARK UNIVERSITY SWIMMING & DIVING

Strength Program – Summer 2007

- Start with prescribed number of sets/reps, adjust weight initially then increase number of reps per set.
- 2-3 weeks of each (10, 12, 15 reps per set). Then increase weight and go back to 10 reps.

~ MAINTAIN PROPER FORM AND POSTURE FROM BEGINNING TO END OF EACH SET ~

- If lifting with a partner, alternate between sets. If lifting alone, rest 45-60sec. between sets. Stretch.
- This is not about seeing how much you can lift, it is about being Smart and doing it Right.

| RED/BROWN | WHITE | BROWN/RED | BLACK |
|---|--|--|---|
| Back/Shoulders | Legs/Chest/Arms | Shoulders | Chest/Arms |
| 1. Incline Row 3 sets of 10 2. Lat Pull Down 3 sets of 10 3. Shoulder Press 3 sets of 8 4. Lateral Raise 3 sets of 8 5. Abs Dip Bar Leg raises 2 x 10 knee ups 2 x 10 straight leg ups Repeat 2x 6. Core (Repeat 2x) Push Ups 3 x 10 Crunches 2 x 50 Leg Lifts 2 x 25 V-Twist 8-15lb 2x60sec 7. Brown #1-5 | 1. Leg Press 3 x 10 2. Leg Extension 3 x 8 *Plus 2 sets calves at end (straight legs/push w/toes) 3. Leg Curl 3 x 8 4. Chest Press 2 x 8 5. Fly's (machine) 2 x 8 6. Leg Abductor/Adductor 2 x 8-10 Each 7. Triceps (dumbbell) 2 x 10 per arm (alt) Kickbacks or Extensions 8. Crunches 5 x 50 (r15) or Tuck/Pike-outs | 1. One min ea. no weight circles fwd (arms down) shrugs (arms at side) circles backward (same) Repeat 2x 2. Dumbbells 3-5lb 2 x 10 lateral raise (side) 2 x 10 front arm raise Repeat 2x 3. Dip bar leg raises 2 x 10 knee ups 2 x 10 straight leg ups Repeat 2x 4. One min ea. dumbbells circles: 1-3lb/shrugs: 3-5lb -circles fwd (arms out) -shrugs (bring elbows up) -circles back (arms out) -shrugs (same) Repeat 2x 5. Core (Red #6) 6. Choose 2 of Red #1-4 | 1. Chest Press 3 x 8 2. Fly's (machine) 3 x 8 3. Triceps (dumbbell) 3 x 10 per arm (alt) Kickbacks or Extensions 4. Chest Pull Downs* 3 x 8 Use lat pull-down machine pull bar in front of head instead of in back. 5. Barbell Preacher Curl 3 x 10 6. Crunches 5 x 50 (r15) or Tuck/Pike-outs 7. Push Ups 5 x 8-10 (r45) or Chin/Pull-ups 5xMax |

Finish each day with 20-30 min on cardio machine, or 20-30 min swim

CYCLE THROUGH FROM RED TO BLACK. GO TO NEXT COLOR EACH TIME YOU LIFT.

If lifting 5 days per week, a different color will double-up each week.