


LAND TRAINING CIRCUITS 2

Strength Activation & Endurance

Exercise	Activation	Reps & Execution
SQUATS	1- Bulgarian Split Squat 2- Single Leg Wall Squat 3- Pistol Squat	<ul style="list-style-type: none"> Choose the most difficult variation that you can complete 5-6 reps on each leg. Twice through i.e. 4 sets (2 on each leg) Take as much rest as you like. Use your hands on a chair/wall if required for balance or a little assistance.
PRESS UP	1- Incline Press Up's (hands high) 2- Normal Press Up 3- Decline Press Up (feet high) 4- Plyometric Press Up/Press up with Clap	<ul style="list-style-type: none"> Choose the hardest level of press up that you can complete a min of 5 reps. Do as many reps as possible until you reach absolute failure. Straight away, drop down to the next easiest level and do as many reps as possible until you reach complete failure. Go twice through taking as much rest as you want after each drop set.
PULL UP	1-Suspension Pull Up (more vertical) 2-Suspension Pull Up (more horizontal) 3-Pull Up's (using a Pull up Bar)	<ul style="list-style-type: none"> Do pull up's at the hardest level you can. Target hitting failure between 5-15 reps. If you are getting over 15 reps. Slow the exercise down and count as follows: <div style="margin-left: 40px;"> 3 seconds when lowering 2 seconds when pulling up Pause for 2 seconds when at the top </div> Take as much rest as you like and do the exercises twice through.

The following circuit has only 1 round.

	<ul style="list-style-type: none"> Hold these positions for a maximum of 90 seconds or until failure. Have somebody check your form for you whilst you hold your position. Take as much rest as you like in between these holds. <p>To help prevent injury and maximise performance swimmers should be able to hold these positions in specific ratios to each other to be better balanced.</p>
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