

PRESS UP & PULL UP's

Swimmers can perform these two exercises by alternating between them with a short rest (30-60 seconds). If pull ups are not possible, just focus on the Press Up's but take a longer break between them (1-2 minutes) to maintain good form. Aim to perform three lots of each exercise.

PRESS UP

Option 1 Beginner Level

- Incline Press Up's
- 3x20-30
- [Click here for a demo and further instructions](#)
- Tip: Use a kitchen worktop to do the press ups. Doing many reps will help make the next level feel easier.

Option 2 Intermediate Level

- Normal Press Up's
- 3x10-20
- [Click for Demo and further instructions](#)
- Tip: have somebody check if your body is staying straight. Do not struggle with these. Poor form=go to level 1

Option 3 Advanced Level

- Decline Press Up's
- 3x5-10
- [Click here for a demo and further instructions](#)
- Tip: use a couch or chair to put your feet on.

PULL UP

These can only be done with equipment. There are two exercises that can incorporate three levels.

Option 1 Beginner Level

- TRX/Suspension Rows
- 3x10-20
- [Click here for Demo](#)
- Tip: A more upright body position makes the exercise easier.

Option 2 Intermediate Level

- TRX/Suspension Rows
- 3x10-20
- [Click here for Demo](#)
- Tip: a more horizontal starting positions (feet further forward) increases the difficulty.

Option 3 Advanced Level

- Pull Up's
- 3x5-10
- [Click here for Demo and further instructions](#)
- Tip: Hands shoulder width apart are just fine for this exercise.