

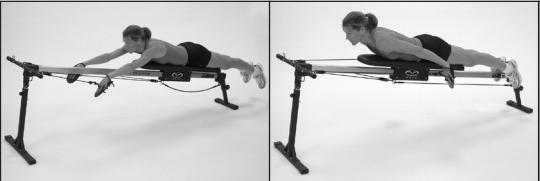
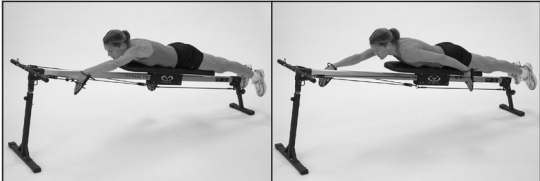


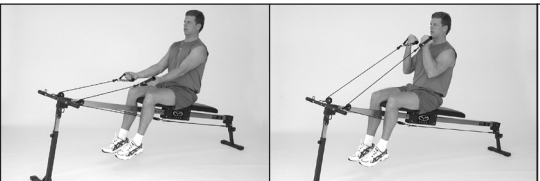
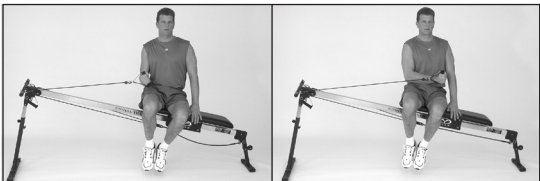




# VASA TRAINER CONDITIONING CIRCUIT - for Competitive Swimmers

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.

*PLEASE NOTE: Most of the upper-body exercises can also be performed using the Vasa Swim Erg with added Erg Trainer Strap System.*

- **Warm-up:** 5-10 minutes with an easy freestyle and/or other floor exercises.
- **Frequency:** 3 days per week, every other day. Do aerobic training between strength workouts.
- **Resistance:** Start with low resistance and increase until 15 reps are difficult to complete using good form.
- **Rest:** Rest 1 minute 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.

exercise	# of sets and reps	exercise	# of sets and reps
<b>1. PLYOMETRIC SQUATS</b>  <p>2-3 sets of 15-20 reps/set</p>		<b>6. REVERSE FLYS</b>  <p>2-3 sets of 10-15 reps/set</p>	
<b>2. BUTTERFLY</b>  <p>3-6 sets of 15-25 reps/set</p>		<b>7. FREESTYLE ENDURANCE - alternating</b>  <p>3 sets of 2 minutes continuous</p>	
<b>3. SUPER AB CRUNCHES</b>  <p>2-3 sets of 15-25 reps/set</p>		<b>8. CHEST PRESS</b>  <p>2-3 sets of 10-15 reps/set</p>	
<b>4. BICEPS CURLS</b>  <p>2-3 sets of 10-15 reps/set</p>		<b>9. INTERNAL ROTATOR CUFF - seated</b>  <p>2-3 sets of 10-15 reps/set</p>	
<b>5. HIGH LAT ROW (SEATED ROW)</b>  <p>2-3 sets of 10-15 reps/set</p>		<b>10. EXTERNAL ROTATOR CUFF - seated</b>  <p>2-3 sets of 10-15 reps/set</p>	

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