



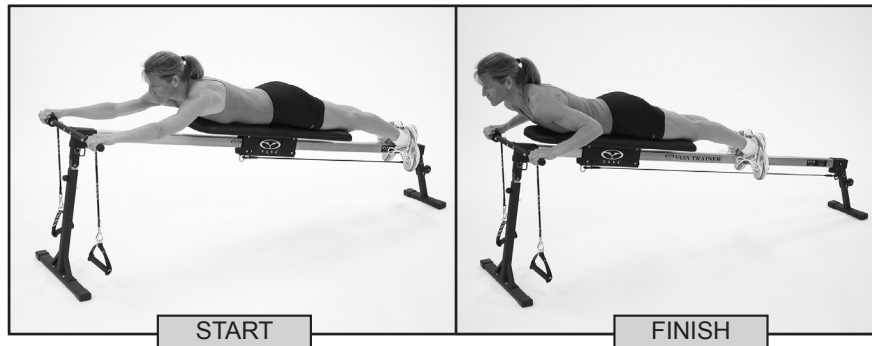
# ERG TRAINER STRAP SYSTEM SAMPLE EXERCISES

The **Erg Trainer Strap System - BASE** includes the **Adjustable Webbing Straps** which will allow you to perform a wide range of swim-specific strength exercises. We have designed a Competitive Swimming Circuit (*next page*) that can be performed using the Erg Trainer Strap System BASE or DELUXE models.

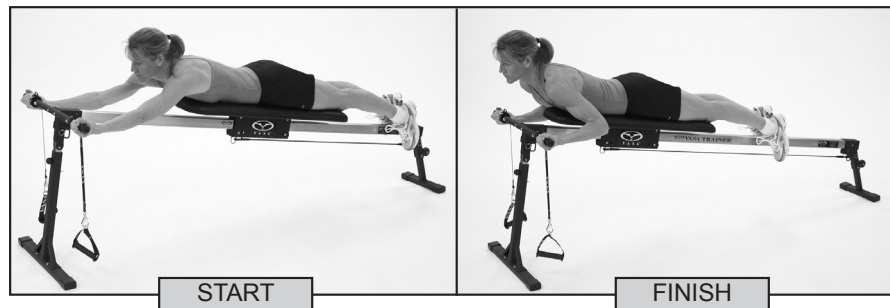
The **Erg Trainer Strap System - DELUXE** includes the addition of the **Trainer Pull-Up Strap Bar**. This provides the ability to perform key upper body and core exercises that could be added to any workout (*samples below*).

*PLEASE NOTE: All exercises are shown on a Vasa Trainer, but can be performed using your Erg Trainer Strap System.*

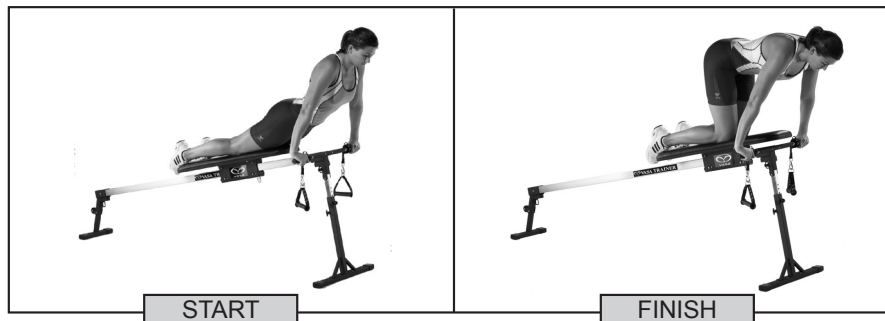
## PULL UP: WIDE GRIP



## PULL UP: REVERSE GRIP (CHIN UP)










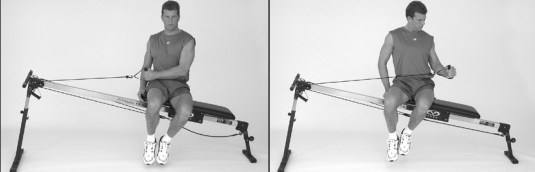
## SUPER AB CRUNCH



# Conditioning Circuit for the Competitive Swimmer

Perform this strength circuit of exercises on your Vasa Swim Erg with added Erg Trainer Strap System. It's a routine that's simple and effective.

- **Warm-up:** 5-10 minutes with easy freestyle and/or other floor exercises.
- **Frequency:** 3 days per week, every other day. Swim or other cardio 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. OK to add floor exercises for legs, such as lunges, squats and plyos.

exercise	# of sets and reps	exercise	# of sets and reps
<b>1. BUTTERFLY</b>  <p>3-6 sets of 15-25 reps/set</p>		<b>5. TRICEP EXTENSION</b>  <p>2-3 sets of 10-15 reps/set</p>	
<i>* If breaststroke is primary stroke, then do this exercise using breaststroke technique.</i>			
<b>2. RESISTED AB CRUNCH</b>  <p>2-3 sets of 15-25 reps/set</p>		<b>6. CHEST PRESS</b>  <p>2-3 sets of 10-15 reps/set</p>	
<b>3. BICEPS CURLS</b>  <p>2-3 sets of 10-15 reps/set</p>		<b>7. INTERNAL ROTATOR CUFF - seated</b>  <p>2-3 sets of 10-15 reps/set</p>	
<b>4. HIGH LAT ROW (SEATED ROW)</b>  <p>2-3 sets of 10-15 reps/set</p>		<b>8. EXTERNAL ROTATOR CUFF - seated</b>  <p>2-3 sets of 10-15 reps/set</p>	