

Strength Training

Day 2 and 4

Upper Body:

Dynamic Flexibility (see Dynamic Flexibility in Warm-up Section)

Front Shoulder Rolls

Back Shoulder Rolls

Dynamic Flexibility/Strength Exercises

Front Crawl	
Knees off ground Butt higher than the shoulders The majority of weight should be on the arms Perform the crawl in slow controlled manner	

1 Set of 10

Regular Push-ups

1 Set of 10

Narrow Arm Push-ups

1 Set of 10

Controlled Push-ups (up full, ½ down, down full, ½ up, up full)