

# **ELITEATHLETE** **FITNESS EQUIPMENT**

## **SWIMMER'S WORKOUT GUIDE**

**Learn the best power band exercises to develop speed and power for swimming movements.**

### **Scan QR Codes for Exercise Videos**

**Shoulder Stability**

**Swimmer Exercises**

**Mini Band Stability**



**EA FITNESS EQUIPMENT.COM**

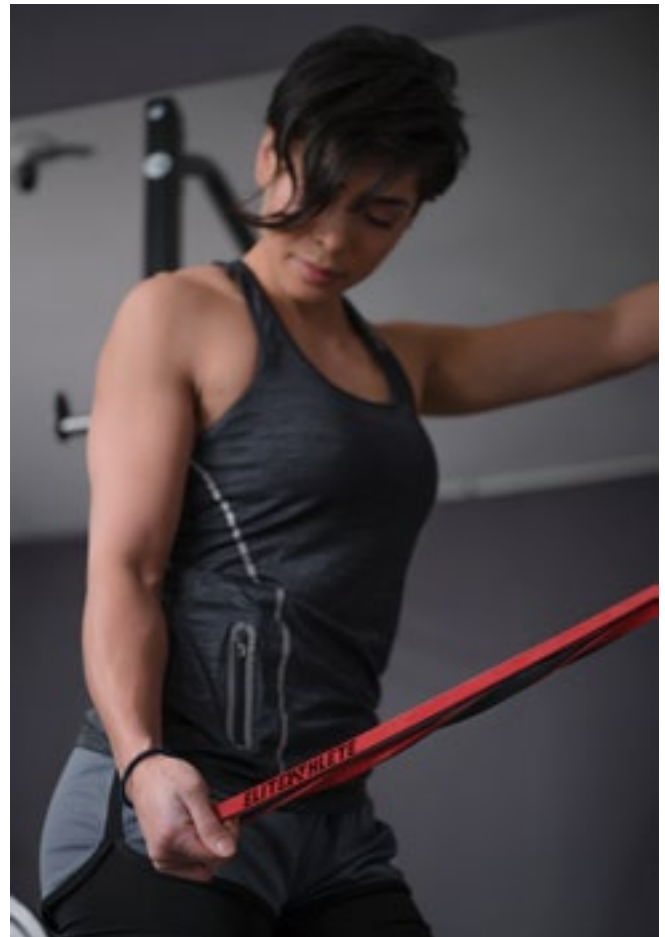


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**Make sure to read the [Elite Athlete Foundations Workout Guide](#) and become familiar with the safety & care guidelines. Following recommendations and using the exercises in this guide will help reduce your risk of injury and prepare you to swim with more speed and power.**

**Elite Athlete Power Band Kits are custom designed to have accessories that work better with power bands and provide precise resistance levels. Elite Athlete Power Bands allow you to perform more exercises and get the better results for your goals when compared to other brands.**

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**Learn the basics from our [Foundation Workout Guide](#) before progressing to [Advanced Workout Guides](#) and [Sport Specific Workout Guides](#), to get the best results from your workouts.**

# ELITE ATHLETE

## FITNESS EQUIPMENT

### Workout Anytime and Anywhere

**Elite Athlete Power Band Kits are light weight and portable. Easily workout at home, during breaks and when you travel.**



**Elite Athlete Power Bands provide ideal progression. Resistance from one band to the next is more precise, providing better progression of resistance and more exercises that can be performed. Great for both youth and adult athletes!!!**

**The best athletes go the extra mile when training, so [Elite Athlete Power Band Kits](#) are designed to help make going the extra mile possible. Power Band Kits are great for performing extra warm up exercises and strength training in addition to your normal practices for that week.**

**Elite Athlete Resistance Bands provide benefits of linear variable resistance.**

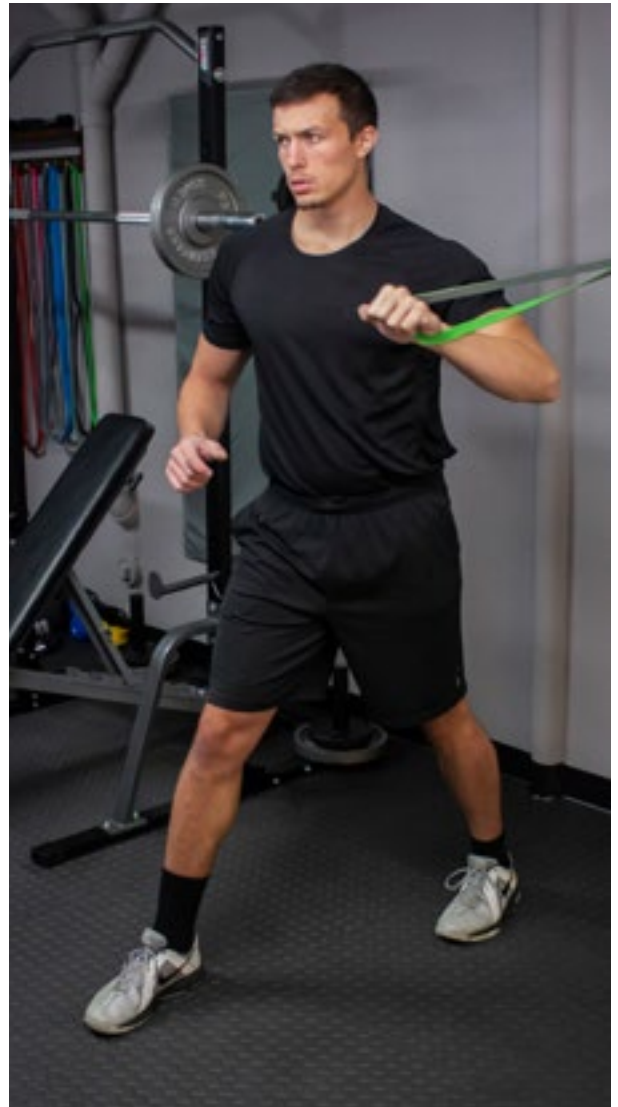
- **Resistance can be adjusted by fractions of a pound simply by performing micro adjustments.**
- **Reduces swinging which is good for developing proper technique and reducing risk of injury.**
- **Less tension on your tendons during the start of the contraction reduces risk of injury.**

**Engages cross body, core and stabilizer muscles to achieve better performance.**

- **Connection of muscle groups across your body, promotes better athletic performance and functional fitness.**
- **Develops stronger stabilizer muscles to reduces your risk of injury.**
- **Creates a strong core for all movements to gain additional strength and speed.**

**Easy to adjust angles of resistance.**

- **Target weak points to reduce risk of injury.**
- **Match angles to movements you perform to better improve performance.**
- **Match angles to real world movements to reduce risk of injury doing day to day activities.**





### Choosing Resistance:

Elite Athlete Power Bands are designed to match the ideal resistance levels of exercises that help improve athletic performance and functional fitness.

Use the Elite Athlete Power Band Resistance Chart and recommendations in the [Elite Athlete Workout Guides](#) to help you choose the right band to achieve optimal resistance. Always follow the safety guidelines and make sure bands are anchored securely. Start by choosing the easiest band to learn the exercise then choose a higher resistance level to challenge you appropriately. The Chart below shows the approximate variable resistance of each band.

Chart below shows the variable resistance of each band.

	55-140LBS	Extra Heavy Weight
	35-90 LBS	Heavy Weight
	25-65 LBS	Light Heavy Weight
	16-50 LBS	Cruzer Weight
	10-35 LBS	Medium Weight
	5-20 LBS	Light Weight
	2-10LBS	Feather Weight



## Power Band Accessories:

### Attach Accessories to Power Bands

**Handles** make it more comfortable on your hands and more versatile.

Only use Medium Weight Handles with Elite Athlete Medium Weight and lower resistance Bands.

Only use Heavy Weight Handles with Elite Athlete Heavy Weight and lower resistance Bands.

Easily loop to handles or ankle straps. Pull one end of the power band a few inches through the ring. Then take the handle or strap and thread it through this loop. Slide the loop down to the ring and adjust it before securely pulling it in place.

Common exercises to use accessories are; Hip Abductions & Adductions, Curls, Rows, Tricep Extensions and most exercises that use the feather weight resistance power bands.

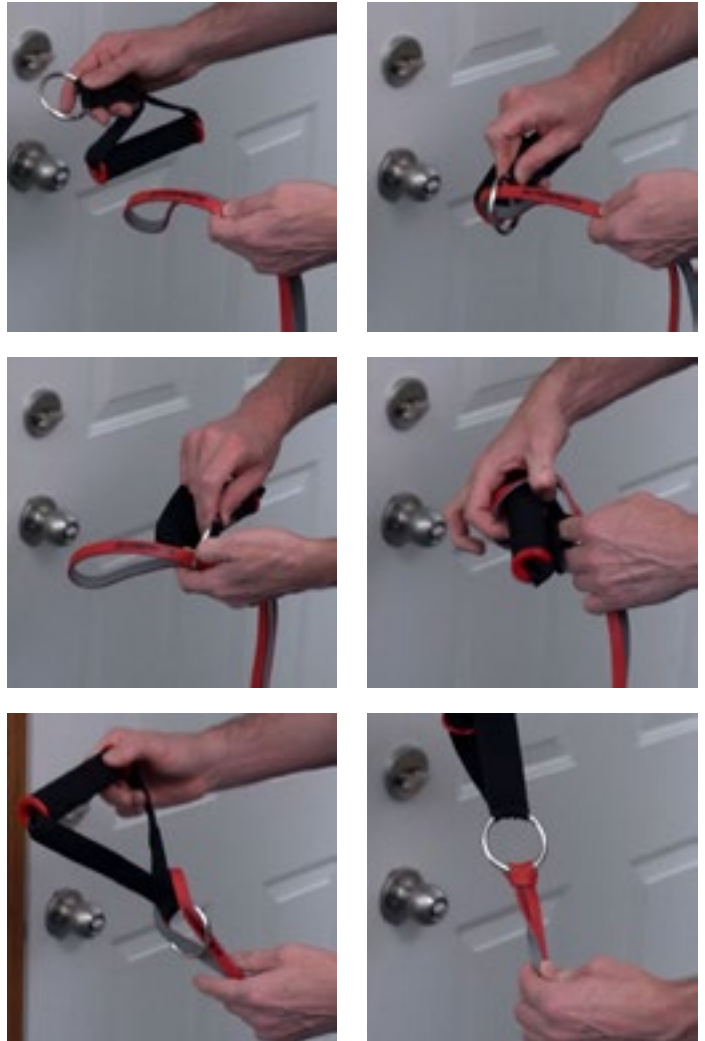
### Power Band Anchors

Loop the power band securing it to the loop on the door anchor or anchor strap the same way you would loop it to a handle.

**Door Anchors** make it easy to set up anywhere there is a secure door. You can also use a wall/ceiling anchor for a permanent place to attach bands.

Place the foam ball on other side of door and close the door securely with the loop end sticking out at the desired location on door frame. Make sure the door will not be opened during use. Adjust the location along the door to get the desired angle of resistance.

**Anchor Straps** allow you to attach power bands to a variety of places like a tree, bench or other larger objects. Loop the strap around a secure object and then attach the power band to the metal loop.

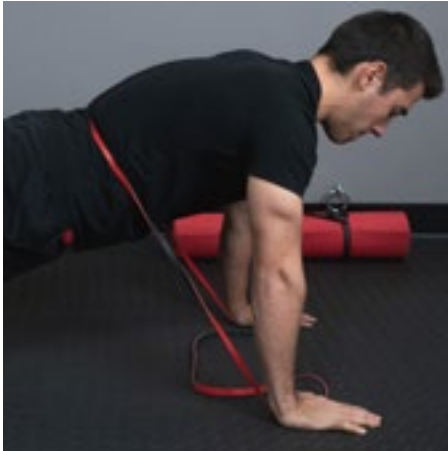


If you don't have these accessories, [Elite Athlete Accessory Bag](#) is great to use with your current power bands.

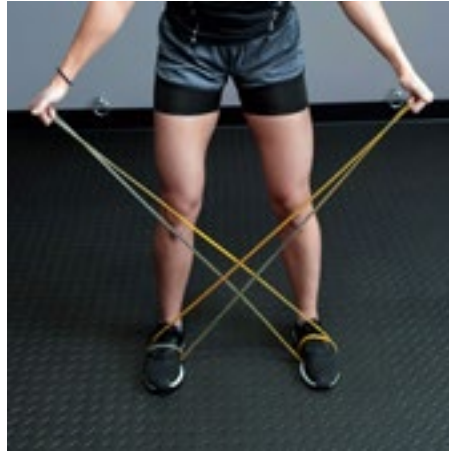
### Anchors Points:

**Power Bands can be attached to secure objects that will not damage the bands. Use an anchor to attach them to a variety of secure objects. Use the door anchors, anchor straps and wall/ceiling anchors to make them even more versatile. Some commonly used anchors are power racks, hand rails, trees, park benches and even your hands or feet.**

**Hold under your hands during planks**



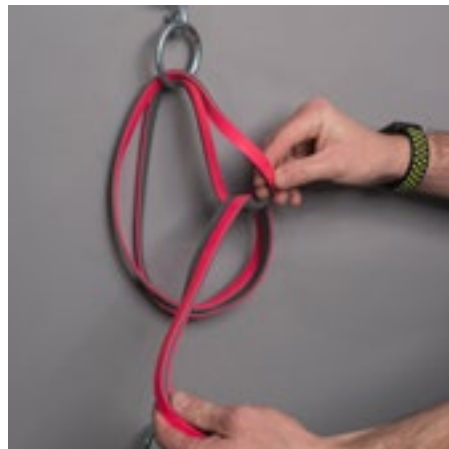
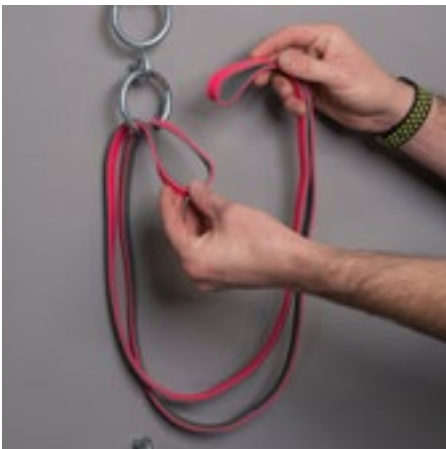
**Loop each band around each foot for arm raises**



**Anchor the middle of the band under a foot.**



**Looping power bands around rings, hand rails, power racks and other sturdy anchor points is easy. Pull one end a couple inches around the ring or secure anchor point, then pull the other end through the inside of that loop and pull tight till the power band is snug. Always test that the anchor your band is looped on is secure.**



## Resistance Adjustments:

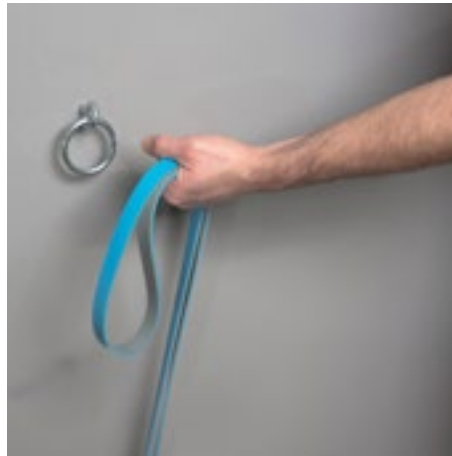
**Elite Athlete Power Bands** are great for improving athletic performance and functional fitness because they are custom designed to have more precise resistance levels. Power Bands use variable linear resistance which can be adjusted by fractions of a pound. The more a power band is stretched, the greater it's resistance.

Fine tune your resistance in each or your exercises by using the resistance micro adjustments below.

**Add an extra loop around your foot.**



**Adjust your grip by holding the band making it shorter.**



**Pull band around a second anchor like under your foot.**



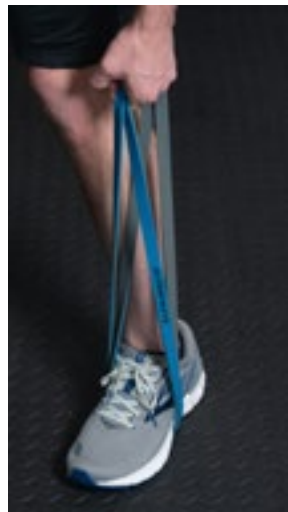
**Doubling the resistance makes Light - Cruiser Weight Power Bands useful for training strong muscle groups and makes Heavy Weight Power Bands challenge the strongest athletes.**

**Examples below are ways you can double up the resistance.**

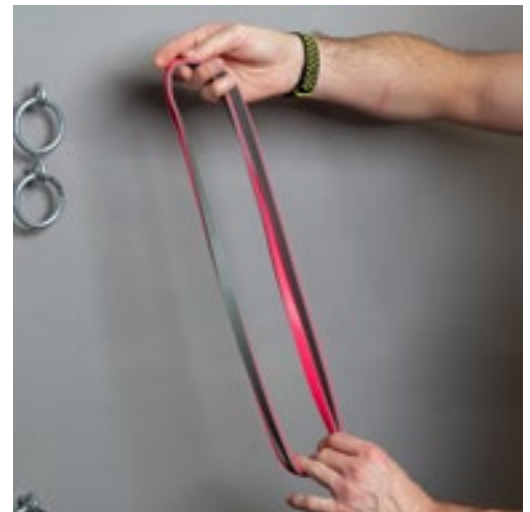
**Anchor the middle of the band on a ring or bar.**



**Anchor the middle of the band under a foot.**



**Double the loop by twisting it one time.**



**Elite Athlete Fitness Equipment will continue to publish more advanced and specialized workout guides and videos to keep you progressing to the next level of strength, speed and performance.**

**[Subscribe](#) to receive new workout guides, articles and videos.**

## Warm Ups:

[Elite Athlete Workout Guides](#) give you general guidelines of how to train for your goals. Qualified Coaches are essential to help make your workouts customized to meet your specific training goals.

### WARM UP

Dynamic Stretches and repeated 2 Second Static Stretches, with Muscle Activation sets are a great way to prepare your body for an intense strength training workout. This will get blood flowing in your muscles and loosen them up to reduce the risk of injury and improve performance.

When performing stretches only use a range of motion that is comfortable, do not force a stretch past your body's limits. Using repeated static stretches for 2 seconds reduces the negative effects of static stretching before exercising. Most athletes know a lot of static stretches and this is a good way to target specific muscles to prepare them for training. Combining 5-10 minutes of cardio like jogging, jumping jacks and plyometrics should also be included in a good warm-up.

Some good dynamic stretches for swimmers are arm swings and leg swings followed by repeating 2 second static stretches of the shoulders and hips. Find examples of warm up stretches in [Elite Athlete Fitness Videos](#).

### MUSCLE ACTIVATION

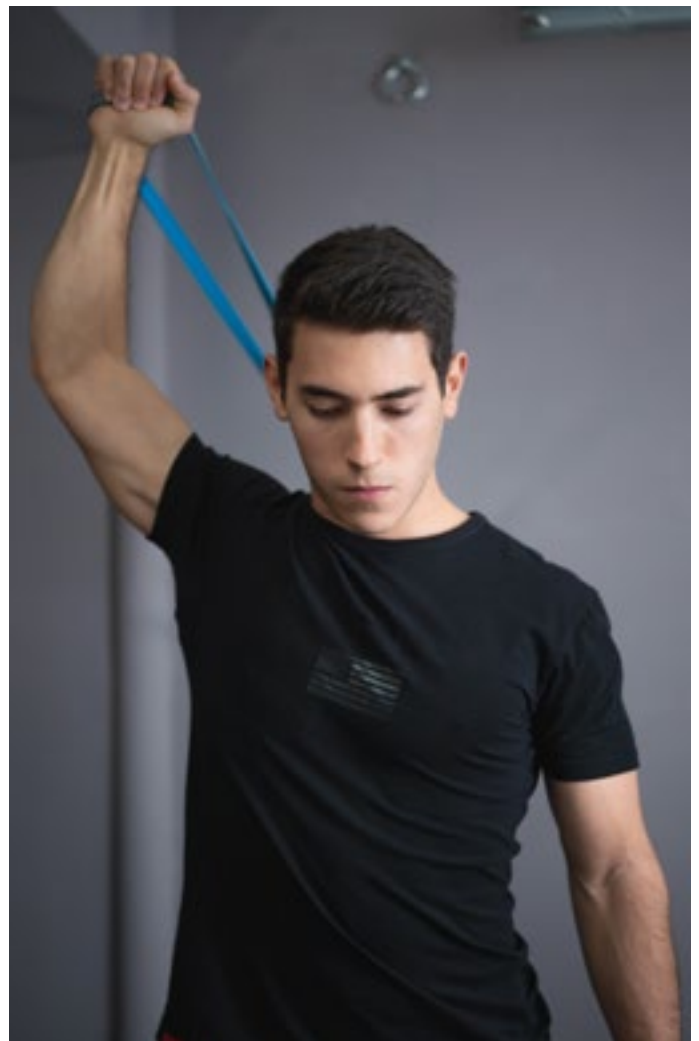
Elite Athlete Muscle Activation sets are a combination of exercises that stimulate your nervous system, stretch your muscles and activate muscle fibers. This will prepare you for intense workouts.

The muscle activation exercises below are good for swimmers but do not limit yourself to just these exercises, your coach may have you do others too:

Mini Band Bird Dog, Mini Band Single Leg Glute Bridge, External Rotations, Arm Pull Downs, Arm Angels, Front Raises, Single Arm Forward Press, Rows, Jumping Jacks and body weight Jump Squats & Lunges.

Perform these exercises with controlled movements and low resistance. Perform one set for each exercise and they should be at a resistance that is not strenuous to complete all reps.

Find examples of a muscle activation routine in [Elite Athlete Fitness Videos](#).





## Workout Progression:

**Elite Athlete Fitness Equipment provides resources to help you train effectively, but a qualified coach is needed to help get the best results safely. Follow our tips and meet with your coach to assist you in learning proper technique and progression.**



### Progressing Your Intensity

**Gradually progress your intensity to reduce the risk of injury. You are only as strong as your weakest links and injuries can set you back. Use a progression that starts with low resistance and slow controlled movements. Your nervous system must be trained to do the movements correctly. Develop proper technique into muscle memory at low resistance till you can maintain technique during challenging workouts. Low resistance also helps discover any weaknesses of stabilizer and core muscles, so you can develop them before performing intense exercises to reduce risk of injury.**

**Start doing new exercises at a resistance that you can perform 20 reps of before fatiguing. Only do one or two sets that work those same muscles as you start developing your strength training routine. This allows your body to adapt, and prepares you to increase the intensity safely.**

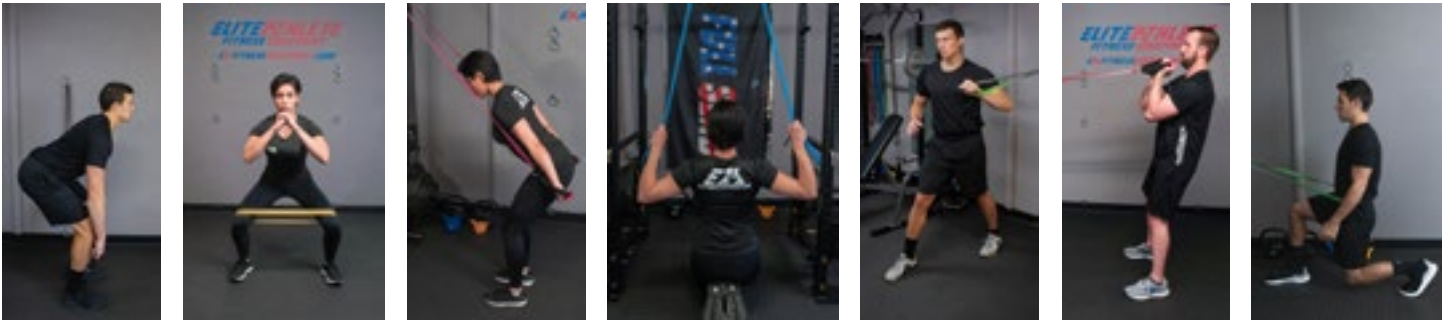
**Strengthen your core, stabilizer and cross body muscles before focusing on large groups to allow you to achieve your goals safely. It is especially important for swimmers to develop shoulder stability before doing intense upper body exercises. Focus more on these exercises for the first month or two to allow for this development: Swimmer Sit Ups, Dynamic Planks, Torso Twists, Mini Band Series, Hip Stability Series, Shoulder Stability Exercises, Single Arm Forward Press and Single Leg Deadlifts.**

**After consistently training to develop a strong core and stabilizer muscles, begin adding more of the other exercises into your routine. Starting with 1 or 2 sets of each exercise and progressing to 3 sets after consistently working out for another month or two. You will start becoming comfortable using good form and technique and notice an increase in your overall power.**

**Now you can begin increasing the intensity of your workouts by increasing resistance, time under tension, tempo, and the complexity of exercises. A common goal for swimmers is to progress to performing 3 - 4 sets of 45 sec - 1 min at a consistent tempo for most exercises. There are many exercises in the Elite Athlete Swimmer's Workout Guide that will allow you achieve your goals, but do not limit yourself to what is in this guide. Consult with your coach about choosing additional exercises and how you should increase your intensity.**

## Super Sets & Circuits:

**Super Sets and Circuit Training alternate muscle groups from one exercise to the next, allowing you to improve your muscular and cardiovascular endurance. Swimmers tend to excel at these forms of training because swimming also develops good muscular and cardiovascular endurance. Strength training that uses Super Sets and Circuits will help take your performance to the next level.**



**Super Sets are great for efficiently working out multiple muscle groups and should be designed to compliment each other to help you maintain muscular balance. Perform multiple super sets that train the muscle groups you desire, while giving recovery time for one muscle group as another is being trained. They should also be designed to utilize space and equipment effectively. If you have to spend time setting up equipment during a super set, it will not give you all the endurance benefits.**

**Here are a couple examples of super sets that can be used for the conditioning part of a workout. Perform each super set for as many rounds as fits progressing then perform the next super set. Find more examples in [Elite Athlete Fitness Videos](#).**

**Upper Body workout using 2 super sets:**

**Super Set 1: Power Band Shoulder Series, Lat Pull Downs and Push Ups**

**Super Set 2: Horizontal Curls, Tricep Kick Backs, and Rows**

**Lower Body & Shoulder Stability workout using 2 super sets:**

**Super Set 1: Mini Band Side Squats, A-T-Y-I, Single Arm Front Press**

**Super Set 2: Dead Lifts, Calf Raises, Breaststroke Kicks, Breaststroke Recoils**

**Circuit Training is an ideal way to train groups of swimmers. It allows for limited amounts of equipment to be used by large groups. Using your space and equipment efficiently is key to designing a great workout. Equipment like stairs, benches, mats, resistance bands and suspension straps are all commonly used for circuit training. When designing a circuit of exercises you must plan the exercises to flow easily from one station to another and allow enough time to transition.**

**Here is an example of a balanced circuit. Swimmers will perform each exercise for 45 seconds, then they have 15 seconds to set up and begin the next exercise.**

**Station 1:**

**Shoulder Series: Front Raises, Lateral Raises and Vertical Press**

**Station 2:**

**Mini Band Series: Bird Dogs, Single Leg Glute Bridges, Hallow Hold Abductions, Side Squats**

**Station 3:**

**Fly Pull Downs, Lat Pull Downs, Assisted or Body Weight Push Ups, Horizontal Curls**

## Mini Band Series:

*Elite Athlete Mini Band Series is designed to use cross body engagement of your core and activate hip and shoulder muscles to develop stability and prepare you for more intense conditioning. This series is good to use as muscle activation sets or as part of the main conditioning of a workout that focuses more on your core and hip strength.*

### **Mini Band Bird Dog Kickbacks**

**1 Mini Band, Light – Heavy Weight Resistance**

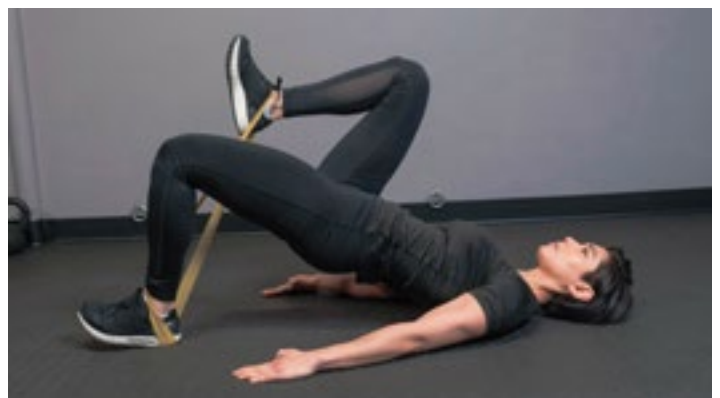
*Starting on all fours, loop mini band around one foot and the other ankle. Perform a Bird Dog using the mini band to create resistance to the leg that is moving. Using slow and controlled movements, reach one arm up and push the opposite leg back till you are fully extended. Then lower your arm and bring your leg under your body, lifting the knee next to the elbow of the opposite arm.*



### **Mini Band Single Leg Glute Bridge**

**1 Mini Band, Light – Heavy Weight Resistance**

*Loop mini band under the heel of your pushing foot and the ankle of your lifting foot. Lay on your back with your arms at your sides with bent knees. With your heels planted into the ground, start by pushing one heel into the ground and lifting up your hips as you raise the other leg's knee. Make a straight line from the planted leg's knee to your shoulders and contract your hip flexors to raise your lifted knee past your hips. Pause for 1-3 seconds before slowly lowering back down. After one set switch legs and repeat. It is important to do the same number of reps on each side.*

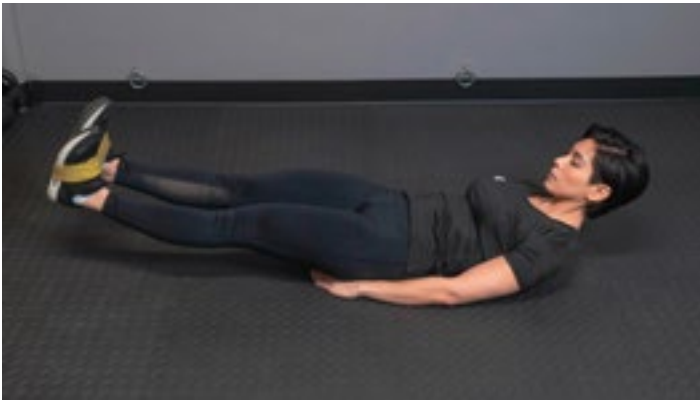


## Mini Band Series:

### Mini Band Hallow Hold Abductions

1 Mini Band, Light – Heavy Weight Resistance

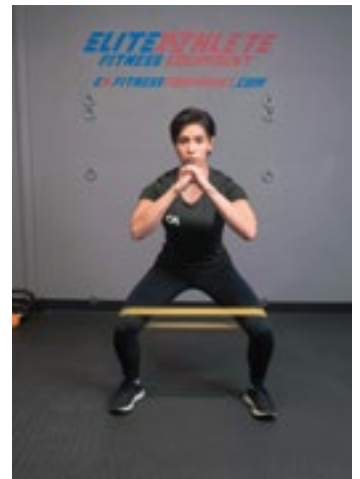
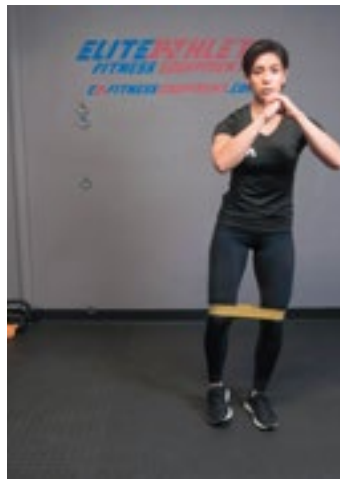
Loop mini band around both feet and lay on your back. Engage your core to make a Hallow Hold position using your arms to support your back. Contract your core muscles to lift your shoulders slightly off the ground and raise your legs to the desired height. Separate your feet wider than shoulder width and slowly return them next to each other while maintaining a tight core. This exercise can be performed with your feet lifted about one foot off the ground applies well for swimmers.



### Mini Band Side Squats

1 Mini Band, Light – Heavy Weight Resistance

Loop the mini band around your thighs, just above your knees. From a standing position with feet separated by a few inches, take a sidestep into a wide stance squat, then slowly step your legs back together. Maintain good posture and keep your knees from tilting inward. Repeat by sidestepping to the other side then slowly bringing your feet back to the spot that you started at.



### Bonus Training Tips

Many swimmers lack the hip and core strength to kick with proper technique. Combining the Elite Athlete Mini Band Series with Elite Athlete Power Band Hip Series will give you a complete hip stability workout that will help increase your kicking power.

## Core Strength:

*Elite Athlete Core Exercises are designed to be done in addition to other body weight core exercises. Progressing planks into dynamic planks for your front, sides and back are a great core workout to complement the Power Band and Mini Band core exercises in this guide. Learn more about planks and core exercises in [Elite Athlete Fitness Videos](#). It is good to have a couple muscle activation sets for your core, before performing your main workout. This allows you to better feel the engagement of your core as you perform each exercise. Then finish your core exercises near the end of your workout. If your core is fatigued during conditioning exercises, you may not be able to maintain good form and technique.*

### Standing Torso Twists

1 Power Band

Feather – Medium Weight Resistance

*Anchor the power band at shoulder height or slightly higher. Hold the end with both hands using straight arms with resistance be pulling to your side. Start with your arms and shoulders turned about 45 degree toward the anchor point with slight resistance.*



*Keeping your hips forward and maintaining good posture rotate your arms away from the anchor point, across the front of your body to the other side. Slowly return to the starting position and repeat.*



*Anchoring the band about 1 foot above shoulder height will allow for a downward contraction of the core as you twist, improving stability when pulling.*

### Front Plank Bends

1 Power Band

Light – Cruiser Weight Resistance

*Start by looping a power band around your waist and hold it in your hands. Hold a front plank with the power band looped under your hands and around our lower back or waist. Adjust the resistance by adding slack between your hands to create more tension pulling your hips down.*



*Once the power band is adjusted and you are in a secure front plank position, lower hips toward the floor then raise them up to shoulder height.*

### Bonus Training Tips

*Core muscles are able to recover quicker than most other muscle groups. After you have been working out your core consistently, you can increase how often you have core workouts to 3 times a week.*



## Shoulder Stability:

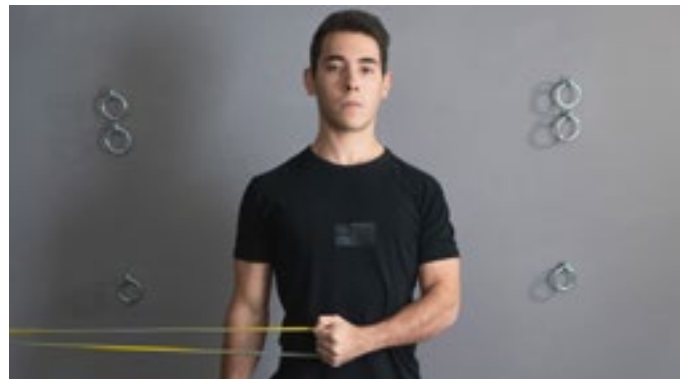
**The most common injury for swimmers is a shoulder injury. Power Band exercises are great for developing shoulder stability, reducing this risk of injury and improving performance. It is recommended to start a shoulder stability routine in the preseason and then continue it through out the season to start performing year-round shoulder stability exercises. Good shoulder stability can take time to develop and like training in the pool, if you take time off you will lose it. External Rotations, Arm Pull Downs, Arm Angels and W pulls are good as part of your muscle activation sets when warming up, then perform other shoulder exercises as part of the conditioning sets.**

### External Rotations

**1 Door Anchor, 1 Power Band  
Feather – Light Weight Resistance**

**Anchor power band at elbow height with the resistance pulling your arm across the front of your body. Position your elbow at your side with 1 inch of space between your body and elbow. This exercise should be done slowly, taking 4 - 6 seconds.**

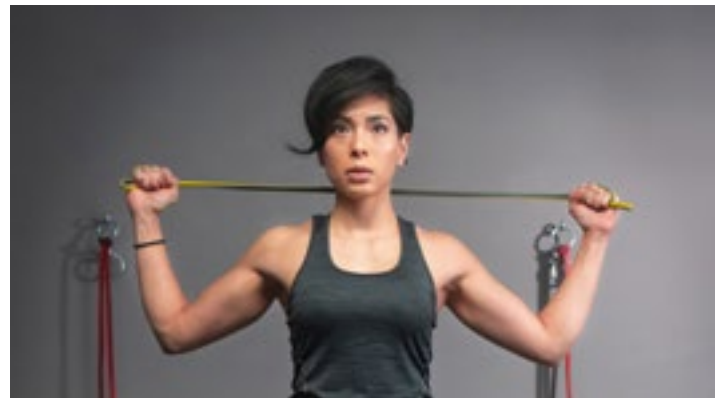
**Slowly rotate your arm turning it away from your body, only turning as far as for your range of motion comfortability allows. Keep your elbow stationary, do not let your elbow move farther away from our body or press against it. Pause with your arm angled away you're your body and slowly rotate your arm back to starting position.**



### Arm Pull Downs

**1 Power Band, Feather – Light Weight Resistance**

**Hold the power band overhead with arms straight up so that your hands are above your shoulders. Pull your arms down into a field goal position while keeping your shoulder blades down along your back. The band should lower just behind your head, pause for 1 second and then slowly return your arms directly overhead and repeat.**



## Shoulder Stability:

### Arm Angels

1 Door Anchor

2 Power Bands

Feather – Light Weight Resistance

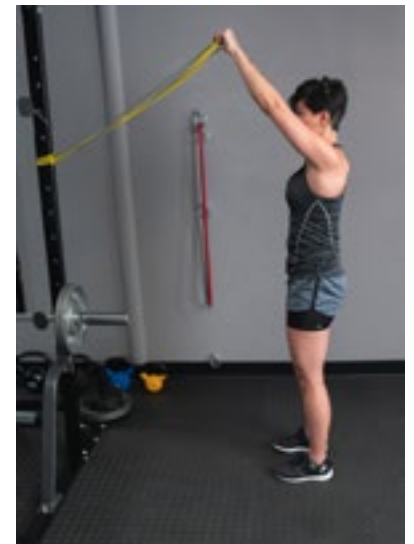
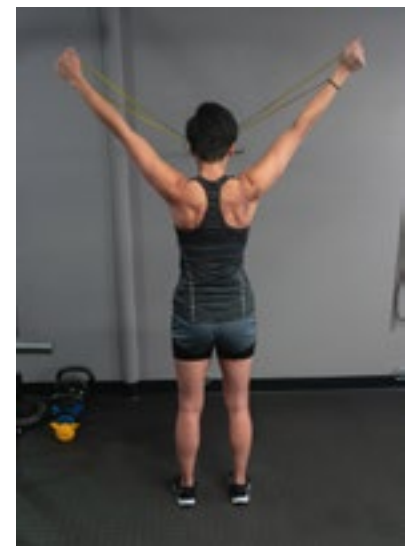
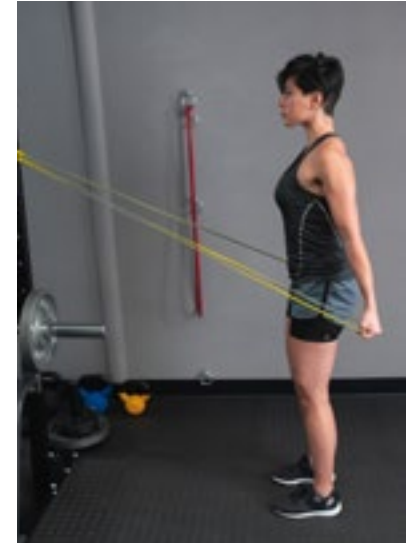
*Anchor both power bands at shoulder height. Hold on to the end of each band with your palms forward. There should be light resistance when your arms are at your side. Move hands slightly forward releasing tension for the starting position. Arm Angels and most other shoulder stability exercises should be done slowly taking 4 - 6 seconds per rep.*

*Pull both arms back till your hands are just behind your body and close to your sides. Squeeze your shoulder blades back and together as you slowly raise your arms up till your hands are directly over your shoulders. As your arms raise, keep your shoulders back, maintain good posture.*

*Your arms should be vertical with your hands directly above your shoulders at the top of the motion. Once your hands are directly over your shoulders, slowly release the tension forward till your hands are slightly in front of your body. You will then reverse the movement and pull your arms back till they are straight up and slowly lower your arms back down your side. Once arms are at your side, release tension back to the starting position.*

### Safety Recommendation

*Starting shoulder stability exercises mid-season, when a swimmer already has discomfort or pain in their shoulder, is not advised. Shoulder stability exercises are not for rehabbing a shoulder injury. You should get an evaluation from a Medical Doctor and a Physical Therapist. Follow their recommendations and get their approval before beginning shoulder stability exercises.*



## Shoulder Stability:

### A-T-Y-I

1 Door Anchor, 2 Handles

2 Power Bands

Feather Weight Resistance

Perform one set of 12-20 reps for each of the 4 positions in this order; A, T, Y, I. Just one set of each position is sufficient for most athletes. It is important to have the correct resistance and not over work the muscles stabilizing the rotator cuff before performing other upper body exercises.

Anchor both power bands at shoulder height. Hold on to the end of each band with your palms forward. There should be slight resistance when your arms are pulled back in the A position. Step forward or back to adjust the resistance till it is the appropriate amount, then release tension and start performing A Pulls.

For each position, you will maintain good posture and start with your hands about one foot in front of your body. Pull your arms back as you keep your shoulder blades down and squeeze them together as your arms come back. Pause for 1 second before slowly releasing the arms back forward. If there is too much resistance when you change positions, lower resistance by taking a small step forward.

A position is with your thumbs pointed away from your body, pull your arms next to your sides and angled slightly out.

T position is with your thumbs pointed up with your arm pulled straight to the side and your hands just below your shoulders.

Y position is with your thumbs pointed in and your arms pulled up and to the side.

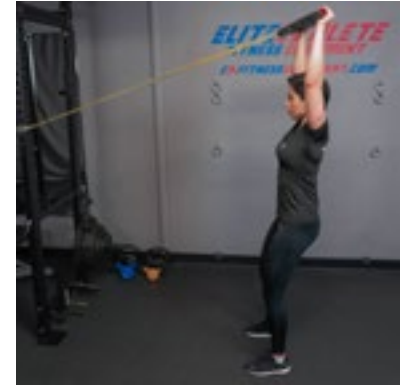
I position is with your thumbs points at each other and your arms pulled up straight above your shoulders.

Start with arms about 1 foot in front of your body



A Position

Pull arms back and maintain good posture



T Position



Y Position



I Position





## Shoulder Stability:

### W Pulls

1 Door Anchor, 2 Handles, 2 Power Bands  
Feather Weight Resistance

Perform one set of 12-20 reps. Just one set is sufficient for most athletes. When combined with other shoulder stability exercises.

Anchor both power bands at eye level. Hold on to the end of each band with your thumbs turned in, it is recommended to use handles for this exercise. There should be light resistance when your arms are pulled to the W position.

Starting with your arms straight forward, pull back till your elbows are to your sides just below the height of your shoulders. Then, keeping your elbow in the same position, rotate your arms up till your hands are straight above your elbows. Pause for 1 second before slowly rotating your forearms back to facing forward. Then release tension by bringing your arms forward



### Scapula Pull Downs

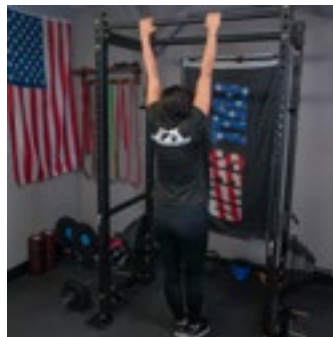
2 Door Anchors or Pull Up Bar, 2 Power Bands  
Medium – Heavy Weight Resistance Band

A set of 4-6 reps is good for this exercise since it holds a static contraction. Just one set is sufficient for most athletes when combined with other shoulder stability exercises. Using a pull up bar with a power band to assist if needed is ideal, it can also be done with anchors and power bands.

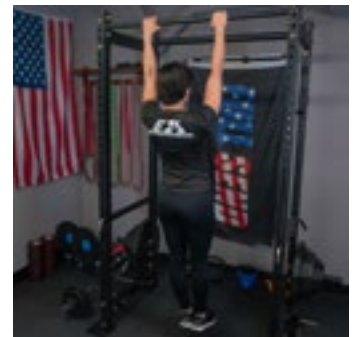
Hold on to the bar with your hands just wider than shoulder width, pack your shoulders by slowly pulling your shoulders back and down. Hold this position for 3-6 seconds and then slowly unpack your shoulders, letting them separate and elevate.

If using anchors, kneel on the ground facing the wall, reach straight up and hold on to each power band, adjusting your grip as needed to increase the resistance and make it the same for each arm. Lean back so your body and arms are in a similar position as starting a pull up. Then perform the pull downs the same as done with a pull up bar.

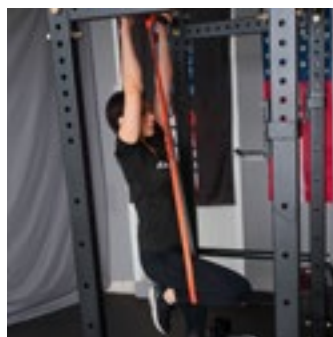
Pull up grip with un-packed shoulders



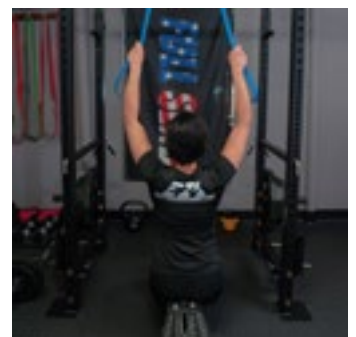
Pull up grip with packed shoulders



Assisted with a Power Band under knee



Scapula Pull Downs using anchors



## Shoulder Strength:

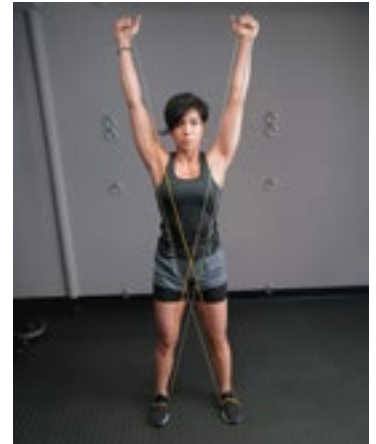
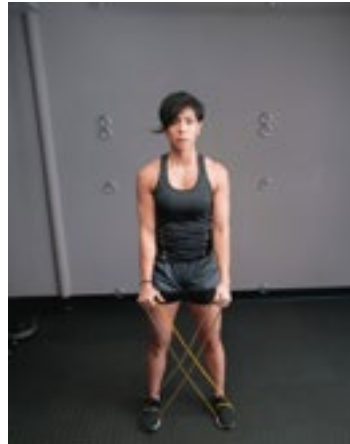
The combination of *Front Raises*, *Lateral Raises* and *Vertical Press* make for a good combination of exercises that can be performed in a series. This *Shoulder Series* will strengthen all of the main sections of the deltoids as well as help develop stability in the shoulders and back muscles. The *Elite Athlete* shoulder Series makes for a good station when doing circuit training. Because of the set up time to get the bands properly set up, giving an extra minute to start this series will help the swimmers transition to this station.

### Front Raises

2 Power Bands, Feather – Light Resistance

Loop each power band around your foot with additional loops as needed to have slight resistance when you start raising your arms. Each hand holds on to the loop connecting to the opposite foot. Start with your hands in front of your thighs and thumbs pointed at each other.

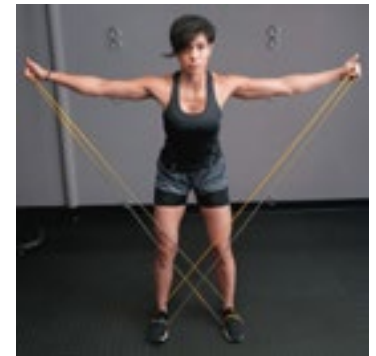
Lift both arms straight in front of you and then up directly over your shoulders. Pause and then slowly bring your hands back down to the starting position. If you struggle raising your hands all the way up, only go up as high as you can.



### Lateral Raises

2 Power Bands, Feather – Light Resistance

Each hand holds on to the loop connecting to the opposite foot. Tilt your hips slightly back while maintaining good posture. Start with your hands in front of your thighs and thumbs pointed forward. Lift both arms to your sides till your hands are at shoulder height, then slowly lower back to the starting position. Tilting your thumbs slightly up as you raise them can help reduce shoulder impingement.

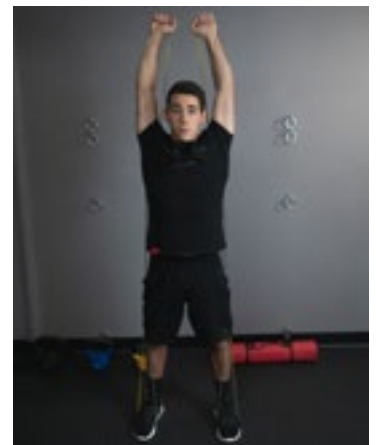
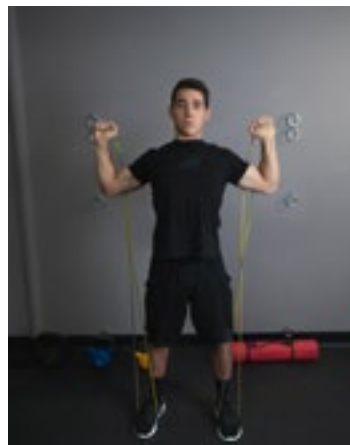


### Vertical Press

2 Power Bands, Feather – Light Resistance

Each hand holds on to the loop connecting to the same side foot. Turn your arms out to bring the bands behind your arms as you position your hands slightly above your shoulders.

Keeping your forearms vertical, raise your hands straight up till they are fully extended directly above your shoulders then slowly bring your hands back down to the starting position.



## Pulling Power:

**Pulling Power exercises are designed to strengthen the movements of the arms in connection with the torso that match swimming arm pull movements. The combination of these exercises will develop swimmers to have more power when pulling through the water.**

**Power Bands are ideal for developing power for these movements. Their variable linear resistance trains the muscles in a way that applies well to gripping the water and progressively increasing the power through out the pulling motion. This is important in developing power that does not cause a swimmer to spin their arms in a way that can lose their grip on the water.**

### Fly Pull Downs

**1 Door Anchor, 2 Power Bands, 2 Handles  
Feather – Medium Weight Resistance Band**

**Anchor both power bands at the top of a door or to an anchor about 7 feet high. Lean forward and raise your arms up as you walk back till there is some resistance in the starting position. Engage your shoulders to hold your arm up till you begin pulling down.**

**Rotate your elbow outward and perform a high elbow catch as you begin to pull down on the bands. Make your forearm vertical in relation to your body before your hands pull past your shoulders. Keep your forearms in this vertical position as you pull down. Once your hands are about half way between your shoulders and hips, follow through by straightening your arms.**

**It is okay if you can not fully follow through with your arms as you start progressing your pulling power. Combining Fly Pull Downs with Tricep Extensions will help you become stronger at the follow through portion of the pull.**

**It is also important to have your hands pulling as wide or slightly wider than your shoulders. After you have pulled down as far as you can, slowly reverse this movement back to the starting position.**

**This is a great way to learn good technique for a high elbow catch and follow through. Having a coach work with you to develop this technique is recommended.**



## Pulling Power:

### Double Arm Lat Pull Down

1 Anchor, 1 Power Band

Medium – Heavy Weight Resistance Band

Set up by attaching a handle to one power band then pull the other end of the band thru the anchor ring and attach the other handle to the opposite end. Kneel on the ground facing the wall, fence or rack holding on to each handle. Lean back slightly so your body and arms are in a similar position as starting a pull up.

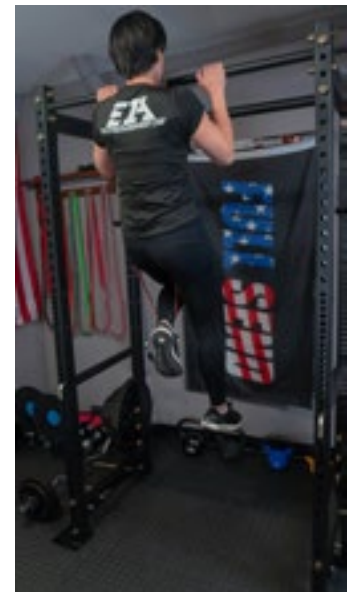
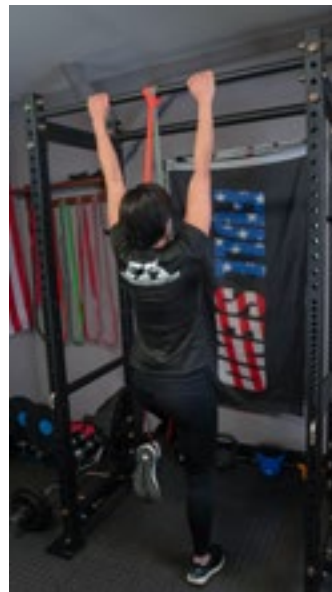
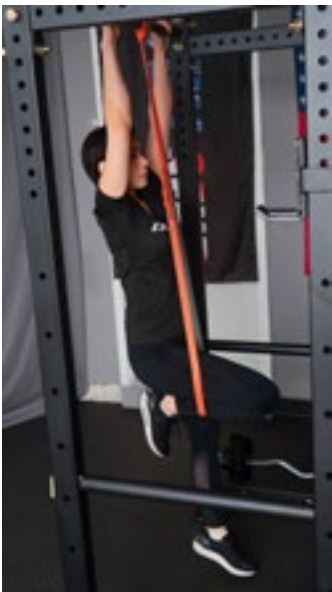
Keep shoulders down and back with vertical fore-arms, then focus on lowering your elbows toward the ground till your hands lower to ear height just in front of your collar bone. Then slowly raise your elbows back up till your arms are straight without letting your shoulders raise.



### Assisted Pull Ups

1 Power Band, Light Heay - Extra Heavy Weight Resistance Band

If you can not perform at least a couple pull ups with out assistance it is not recommended perform assisted pull ups yet. Continue developing shoulder stability and doing lat pull downs. Loop the power band under one knee and hold on to the bar with your hands just wider than shoulder width. Pack your shoulders by slowly pulling your shoulders back and down. Keep your straight leg slightly in front of you as you pull up without swinging. Focus on bringing your collar toward the bar and pulling your elbows down, just in front of your body. Then slowly lower back down slowly till your arms are straight but do not unpack your shoulders. Lowering slowly to do negatives are recommended when doing assisted pull ups to help develop strength and stability. Take 6 seconds to lower, pausing just before your arms are completely straight for 2 of the 6 seconds. This will help develop strength for the full range of motion.



## Pulling Power:

### Progression of Pull Ups

**Assisted Pull Ups** are a great way to progress into performing pull ups with better technique, but many people perform pull ups before they have developed enough shoulder stability. It is recommended to develop your shoulder and back muscles using shoulder stability exercises and lat pull downs for at least a month before performing assisted or unassisted pull ups. Over time, assisted pull ups can be used to progress into performing unassisted pull ups.

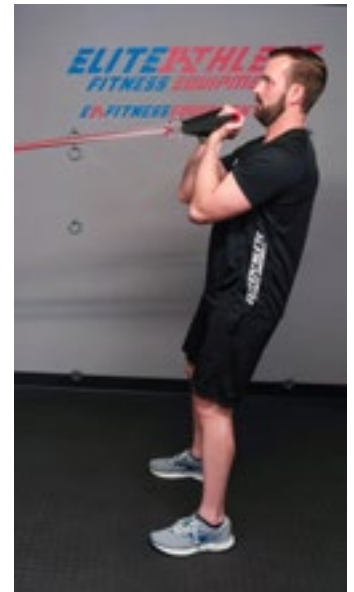
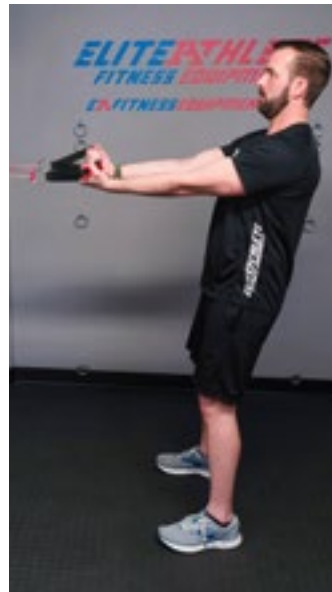
Once you can perform more than 20 unassisted pull ups you should be ready to progress into complex or resistive pull ups. More about Pull Up Progression in [Elite Athlete Fitness Articles](#).

### Horizontal Curls

1 Door Anchor, 2 Handles, 2 Power Bands  
 Light – Light Heavy Weight Resistance Bands

Hold handles with your thumbs pointed out. There should be moderate tension when your arms are fully extended in front of you. Pull your hands into toward your collar, keeping your elbows slightly in front of your body, pause and slowly straighten to the starting position.

It is also good to perform horizontal curls with your thumbs turned in so they are pointed toward your collar, similar to a hammer curl. This wrist angle strengthens the part of the bicep that helps more with pull ups.

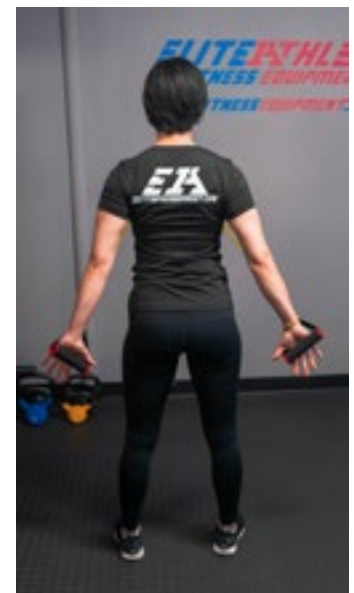
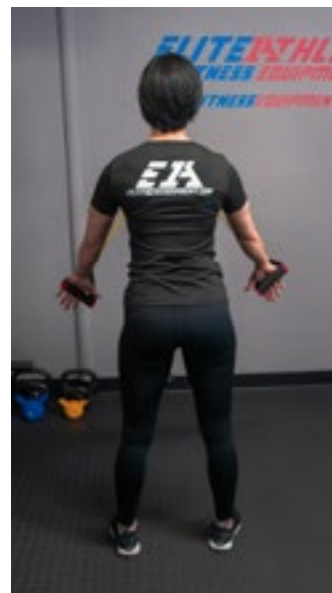


### Internally Rotated A Pulls

1 Door Anchor, 2 Handles, 2 Power Bands  
 Feather – Cruiser Weight Resistance

Anchor both power bands at shoulder height. Hold on to the end of each band with your palms backward and your thumbs pointed in. There should be moderate resistance when your arms 1 foot in front of your body.

Keep your shoulders packed and maintain good posture throughout the exercise. With straight arms, pull your arms down till your hands are slightly behind your body at shoulder width. Slowly return them with a controlled motion back to the starting position.

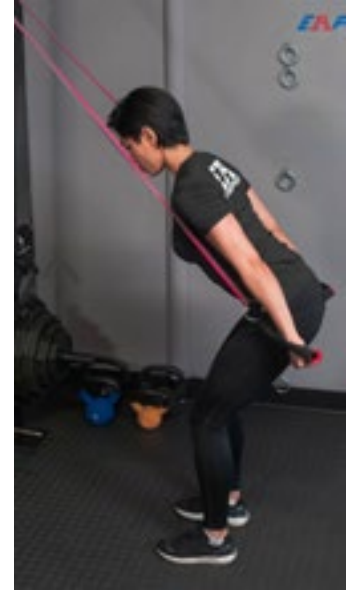
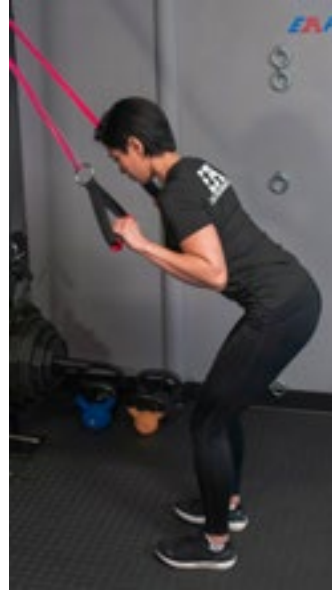


## Pulling Power:

### Tricep Extensions

1 Door Anchor, 2 Handles, 2 Power Bands  
Light – Light Heavy Weight Resistance Bands

Anchor both power bands at the top of a door or to an anchor about 7 feet high and attached a handle to each. Lean forward so that your body makes a line toward the anchor point and hold the handles with your thumbs turned in. Position your elbows at your side with your hands in front of your shoulders. Pull your hands down and push them behind you by straightening your arms. Your elbows should remain stationary right next to your body as you perform each rep and your movements should be controlled.



### Push-Up Progression

We recommend beginners starting with single arm front press, in the [Elite Athlete Foundations Workout Guide](#), and assisted push ups. This will help strengthen core muscles that stabilize your body and make learning good push ups technique easy. Having a strong cross body connection and good technique, helps develop strength and speed that transfers well to athletic movements. If you can not perform more than 12 unassisted push ups with good technique, begin with Assisted Push Ups and over time you can progress into Unassisted Push Ups.

Once you can perform more than 25 unassisted push ups with good technique you should be ready to progress into Complex and Resistive Push-Ups. Learn more in the [Elite Athlete Push Up Progression Fitness Article](#) and in [Elite Athlete Fitness Videos](#).

## Pulling Power:

### Push Up Technique

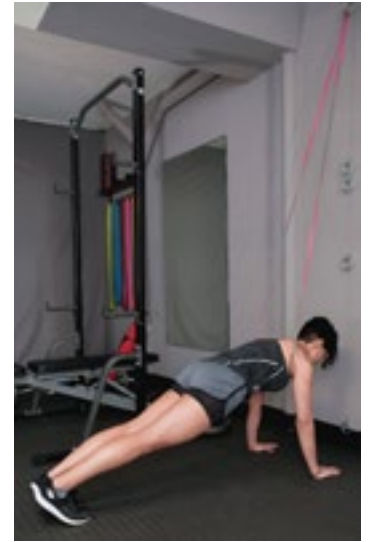
*It is important for swimmers to use a position and range of motion that feels good for your shoulders. Push ups with a slight downward tilt of the elbow and hands with a slight external rotation can reduce stress in the shoulders. To do this, place your hands so your elbows are slightly lower than your shoulders and your fingers are turned slightly outward using the angles that feel best for your shoulders. Adjust these angles as you perform the first couple push ups and do not go lower than what is comfortable.*

### Assisted Push-Ups

1 Door Anchor, 1 Power Band

Light – Cruiser Weight Resistance Bands

*Anchor the power band 7-8 feet high. Loop the band so that it goes under your arm pits and across your upper chest. In a plank position, have the band being pulled vertically to create lifting of your upper body. The lifting angle can be slightly forward when using a door or wall anchor.*



### Resistive Push Ups

1 Power Band

Light – Cruiser Weight Resistance Bands

*Place one end of the band in the palm of each hand with it looped around your back just below your shoulder blades. Then place your hands on the ground and lay on your stomach as you adjust the angle of your hands and arms.*

*Use good push up technique as you push your body up, the band will stretch creating more resistance for you to push against it. Make sure to keep your core engaged and to breath as you continue to perform push ups. If you can not perform more than 12, you should reduce the resistance or go back to body weight push ups.*



## Kicking Power:

### Kicking Power Starts at the Hips

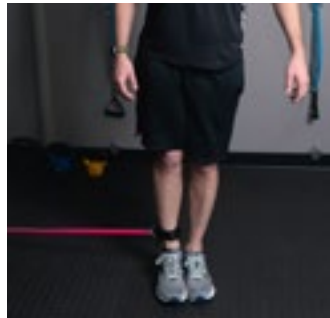
*It's good to focus more on developing stability in your hips and core when starting to strengthen your legs. Elite Athlete Swimmer's Power Band Hip Series: Hip Adductions, Hip Flexions and Hip Extensions.*

*This series complements the Elite Athlete Swimmer's Mini Band Series exercises and combined these will give you the hip strength to apply power properly when kicking. When performing this series, anchor the power band at ankle height and loop the ankle strap to the other end. It is easier to transition by doing all three exercises on the same leg, then switching the strap to the other leg. Hold on to something to balance if needed and it can also help to stand on a 10lbs plate to raise your moving foot slightly, so it does not rub the ground.*

### Power Band Hip Adduction

**1 Ankle Strap, 1 Door Anchor, 1 Power Band Feather – Medium Weight Resistance Band**

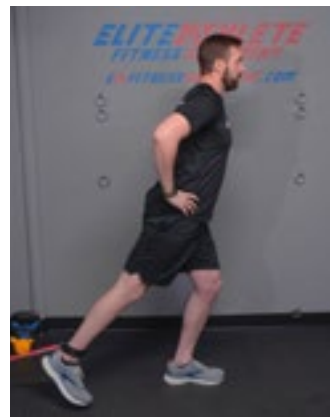
*Stand sideways with feet next to each other so that your feet are being pull away from each other. Slowly move the leg with the strap out to your side, then pull your leg in till your feet are next to each other. Only separate your feet as far as is comfortable and be careful not to strain your hip adductors, these muscles are easy to strain.*



### Power Band Hip Flexion

**1 Ankle Strap, 1 Door Anchor, 1 Power Band Feather – Medium Weight Resistance Band**

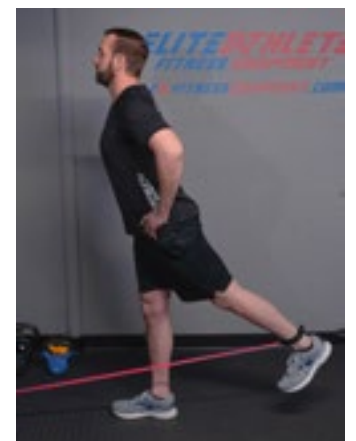
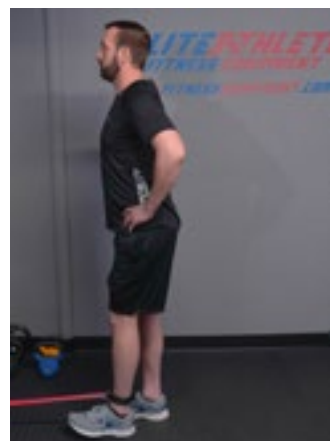
*Stand on one leg so that the band is pulling the other leg behind you. Use your hip to bring your foot forward till it is in front of you, then lift your knee just above your hip. Slowly lower your knee back down and extend the leg back to the starting position.*



### Power Band Hip Extension

**1 Ankle Strap, 1 Door Anchor, 1 Power Band Feather – Medium Weight Resistance Band**

*Stand on one leg so that the band is pulling the other leg in slightly in front of you. Pull the other foot with the strap backwards about one foot behind your hip. Slowly bring your leg forward, returning to the starting position.*





## Kicking Power:

### Develop Breaststroke Kicking Power

Swimmers legs and feet are moved in very specific ways when kicking for breaststroke. We have developed exercises to match these movements. Power Band Breaststroke Kicks and Recoils are intended for advanced breaststrokers who already have good breaststroke kick technique. Make sure to consult with a qualified coach about performing these exercises and progressing the intensity of them. Both Breaststroke exercises should be done with a gradual progression, it is recommended to starting with only one set per dryland workout at a low resistance. If there is ever any discomfort, discontinue breaststroke kicking exercises.

### Power Band Breaststroke Kicks

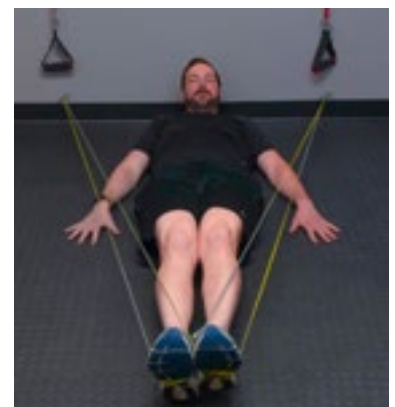
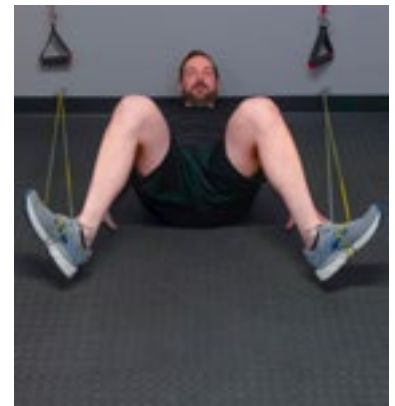
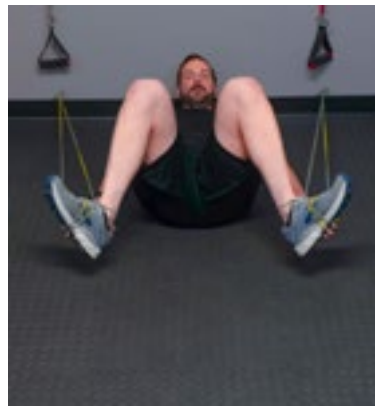
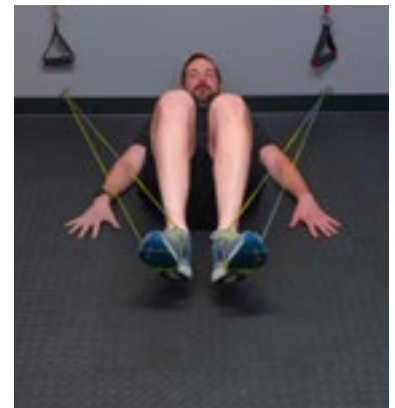
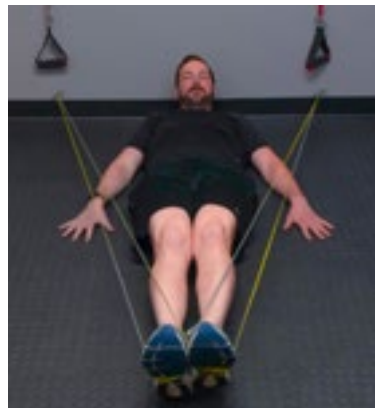
2 Door Anchors, 2 Power Bands  
 Feather Weight Resistance Bands

Power Band Breaststroke Kicks should only be performed once your hips and knees are strong and stable to reduce the risk of injury. Knee and groin injuries are common from intense breaststroke training. Perform them in a controlled manner and be careful not to push your self too hard.

Anchor the power bands 1-2 feet wider than shoulder width. Sit with your feet pointed away from the anchors. Loop the power bands securely around the same side foot. Adding an extra loop like show in the resistance adjustments, can help the band stay in place. You can reduce the resistance by moving closer to the anchor points.

Lay down on your back with your head centered between the anchors and your feet extended and pointed. Slowly recoil your legs using the same technique when swimming breaststroke, feet will turn out forming a W shape with your feet and legs. Your knees should be shoulder width and your feet as wide as is comfortable for your range of motion. Push your feet down against the resistance of the bands. When the legs are almost straight squeeze your feet together in a pointed position.

This also works great for dryland on the pool deck, when laying between the starting blocks and looping a band to each.



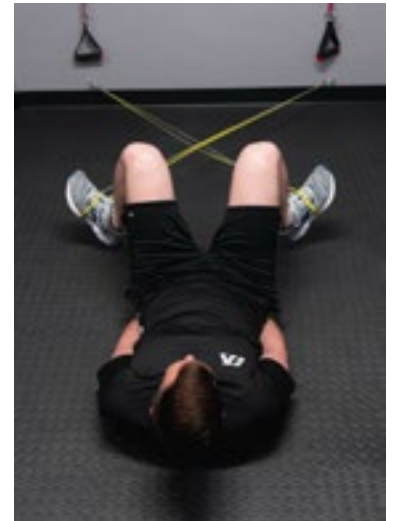
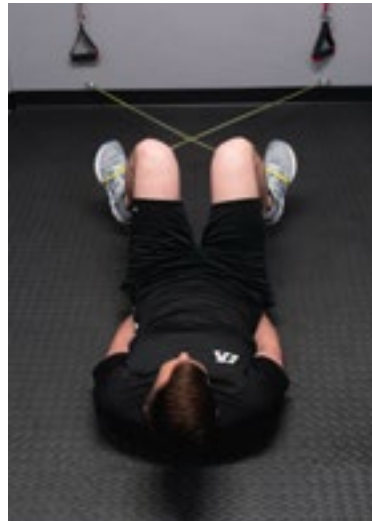
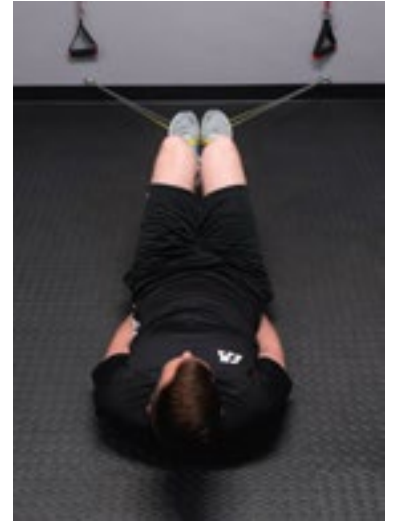
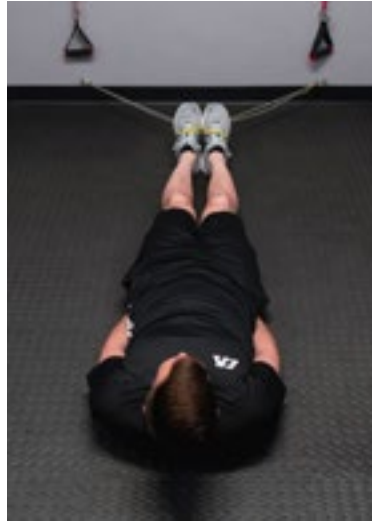
## Kicking Power:

### **Power Band Breaststroke Recoils** 2 Door Anchors, 2 Power Bands Feather Weight Resistance Bands

*Power Band Breaststroke Recoils are an intense exercise for the muscles that turn your feet out. You should start performing them slowly and gradually progress to the tempo of the contractions.*

*Anchor the power bands wider than shoulder width. Sit with your feet toward the anchors and loop the power bands securely around each opposite side foot. Lay down on your back centered between anchors with your leg straight and feet pointed. You should be far enough away from the anchors that there is slight resistance while legs are extended.*

*Recoil your legs using the same technique used when swimming breaststroke. Bring your heels toward your hips, then turn your feet out while keeping your knees at shoulder width. Your feet will turn out forming a W shape with your legs and feet. Slowly bring your feet back together, then straighten your legs back into the starting position.*

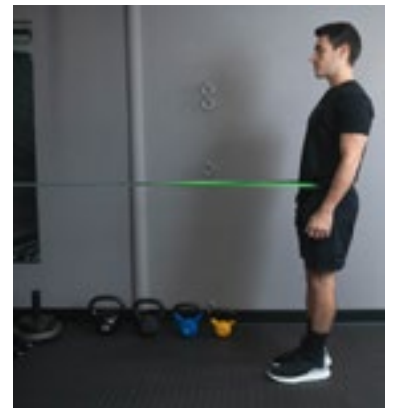
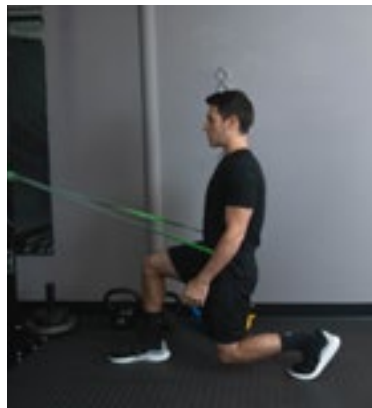


### **Power Band Lunge Push Offs** 1 Door Anchor, 1 Power Band Medium – Heavy Weight Resistance Band

*Lunge Push Offs will strengthen the quadriceps in a way that increases power in the knee extension part of flutter and dolphin kicks.*

*Anchor the power band between waist and knee height in front of you and wrap the other end around your waist. Step back till tension is pulling forward and down.*

*From this position you will alternate taking large steps into a lunge position. Maintain good posture with your knees bent 90 degrees with your front knee above your ankle as you lunge forward. From this lunge position, push back and up with your front leg, returning to the starting position. Push against the resistance with enough force so you can step your lead foot back next to the other foot.*



## Off The Wall Power:

### Develop Power off the Walls and Blocks

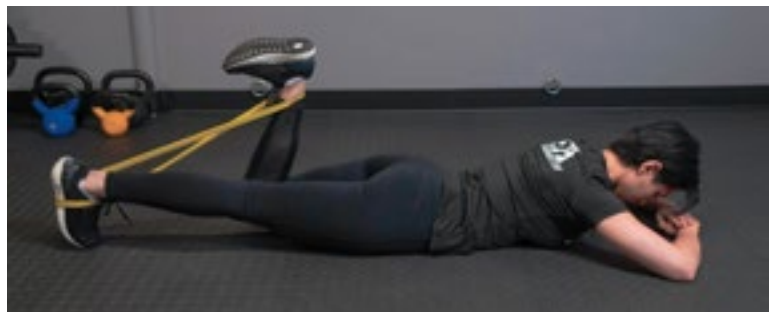
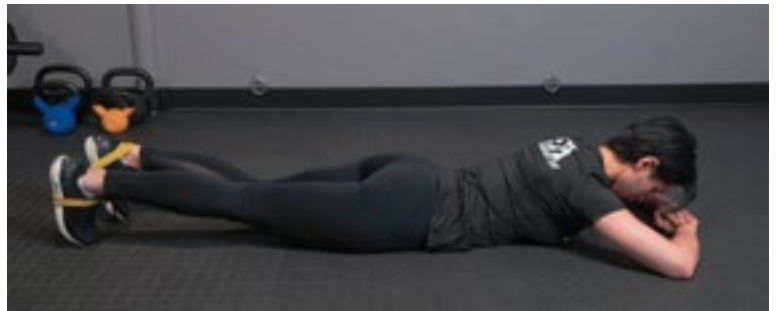
*These exercises will develop explosive power when pushing off the walls and during starts. It is important to have good muscular balance between the hamstrings/gluts and quadriceps. Hamstring injuries are common for jumping sports. Regularly training with Mini Band Hamstring Curls going into the season will help reduce the risk of a hamstring injury as you progress your training. Performing Jumping Jacks regularly as part of your warm up is also a great exercise to complement the power band exercises in this guide. Having explosive calf muscles is key to beating the competition off the walls.*

#### Mini Band Hamstring Curls

1 Mini Band

Light – Heavy Weight Resistance

*Loop the mini band around the bottom of one foot and the ankle of the other leg. You will keep the foot that is looped on the ground. Raise heel of the foot that is looped around the ankle toward your hip, while keeping your knee on the ground. Then slowly lower your foot back to the ground.*

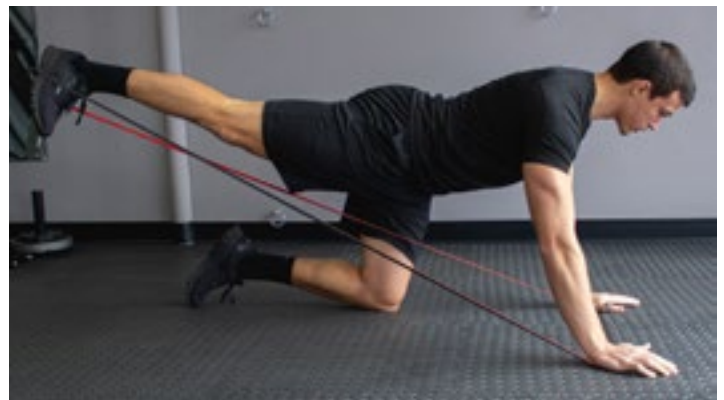
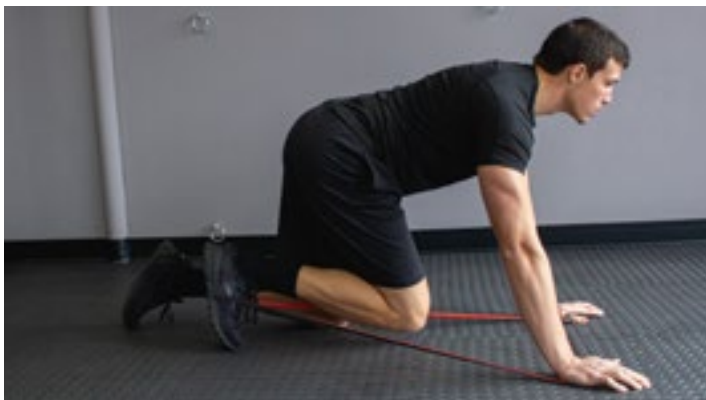


#### Single Leg Kick Backs

1 Power Band

Medium – Heavy Weight Resistance Band

*Kneeling on all fours, loop the resistance band around the underside of your foot so that you can push back without it slipping off. Hold the other end of the band up in front of you on the floor with both hands, you can hold slack in between your hands to increase the tension. Start with your knee slightly forward. Push your foot away from your hands till it is straight, then raise your foot slightly higher than your hips. Pause and slowly return to starting position with the opposite motion.*



## Off The Wall Power:

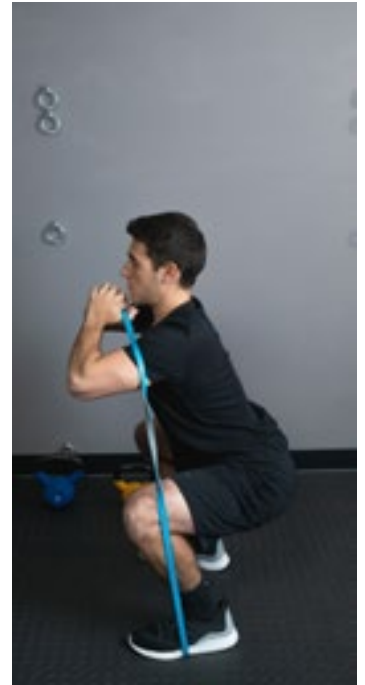
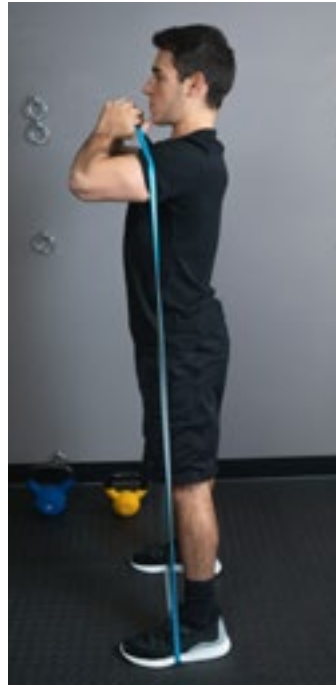
### Squats

1 Power Band

Medium – Extra Heavy Weight Resistance Band

Loop power band under both feet holding the other end of loop in front of you. Place feet about shoulder width apart in a comfortable stance. Then lift the band over the front of your shoulders. Hold the band with your elbows forward to make sure it does not slip.

Maintain good upright posture, as you slowly squat down till your knees are bent at about a 90-degree angle with your hips pushed back. Make sure your knees do not go in front your toes. Stand back up to the starting position, engaging your leg and core muscles.



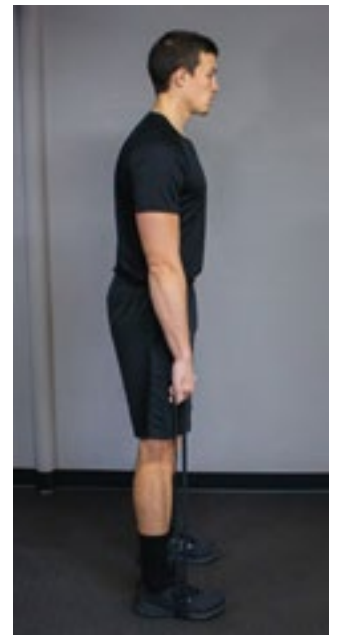
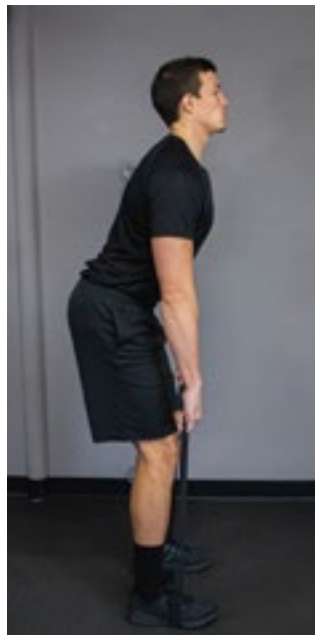
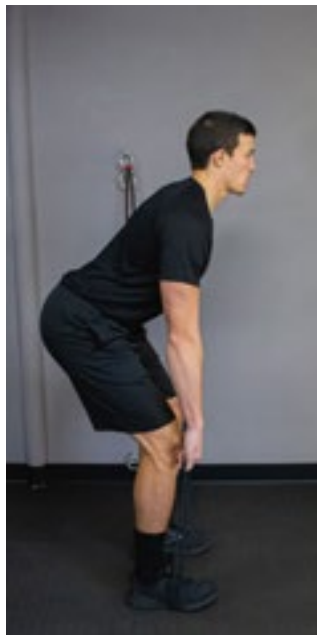
### Bent Knee Deadlifts

1 Power Band

Medium – Extra Heavy Weight Resistance Band

Loop one power band with two sections of the band are under both feet leaving a loop on each of your sides. Bend your knees and hinge at your hips so you can hold on to a loop with each hand. Position yourself with good posture while holding on to each side of the band with your thumbs pointed in, just in front of your shins. Feet should be about shoulder width in a comfortable stance.

While maintaining good posture, straighten your legs till there is just a slight bend and lift as you bring your hips forward and in line with your body. Your thumbs will slide up the front of your shins and over your knees as you stand straight up. Pause, then slowly hinge your hips back and allow your knees to slightly bend as you lower back into the starting position.



## Off The Wall Power:

### Progression of Calf Raises

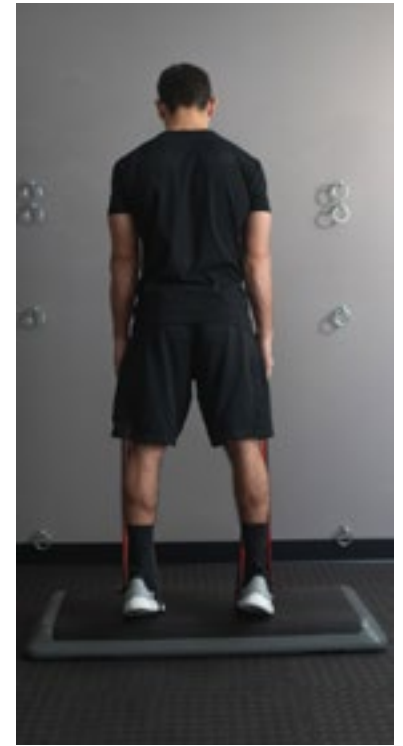
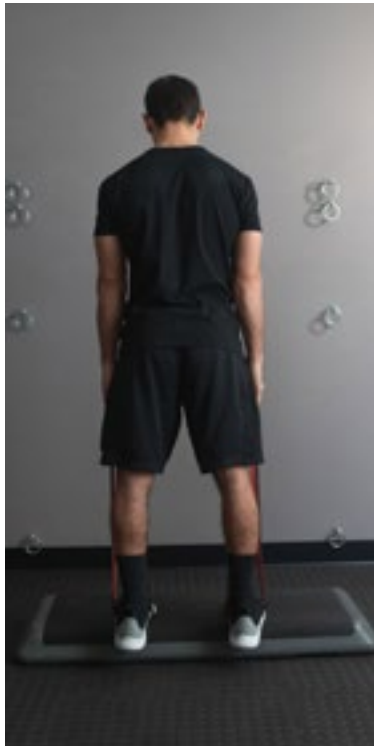
*Jumping Jacks as a regular part of your dryland warm ups will start to prepare your calf muscles and ankles for higher intensity strength training. It is also good to progress by starting with Single Leg Calf Raises till you have good strength and stability in your calf and ankles. Then training with Power Band Calf Raises will take your power to the next level.*

### Power Band Calf Raises

**2 Power Bands, Light – Cruiser Weight Resistance Band**

*Under each foot, loop one power band so two portions of the band are under your foot leaving a loop on each side. One hand will hold on to both loops of the same side foot. It is important that the loops under your feet are directly under the balls of your feet, so that the bands and do not move.*

*While balancing your weight on the balls of your feet, lift your heels by pointing your feet, then slowly lower your heels back to the starting position. Calf raises can be performed on a flat floor, but it is better to perform calf raises on a step or low ledge, allowing your heel to use more range of motion.*



### Leg Training Tips

*Similar to core exercises, there are many great body weight exercises that do not require any equipment for your legs. Some good example are jumping lunges, jump squats and single leg calf raises. Combining body weight and resistance band exercises will give you more exercises to design workouts and to achieve your goals. The legs muscles are some of the largest muscles in your body and require more recovery time. Strength training these muscles twice a week is too often for those beginning a workout routine. Consult with a trainer or coach to determine which combination and frequency of exercises will be best for you.*

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