

# CLS Swim Workout

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## 1 Week 1-3 Workouts

### 1.1 Monday

Chest / Triceps			
Stretches (Before and After):			
Chest Stretch <a href="#">Link Here</a> . Additionally, use a roller or tennis ball			
<i><b>Workout</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Reference Link</b></i>
Bench Press	5	5	<a href="#">Bench Link Here</a>
Skull Crushers	4	8	<a href="#">Link Here</a>
flutter kicks	3	1 minute each	<a href="#">Flutter Kicks link Here</a>
forward planks	3	45 seconds	<a href="#">Link Here</a>
High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy			

## 1.2 Tuesday

Legs / Shoulders			
Stretches (Before and After):			
Leg Stretch <a href="#">Link Here</a> , Shoulder Stretch <a href="#">Link Here</a> . Additionally, use a roller or tennis ball			
<b>Workout</b>	<b>Sets</b>	<b>Reps</b>	<b>Reference Link</b>
Front Squat	5	5	<a href="#">Link Here</a>
Rear Flys or rope pull	4	8	<a href="#">Link Here</a>
Romanian Deadlifts	5	7	<a href="#">RDL Link Here</a>
Left Side Planks (alternate with right)	2	1 minute	<a href="#">Link Here</a>
Bulgarian Split Squats	2	1 minute	<a href="#">Link Here</a>
Rotator Cuff Exercise (all, light weight)	3	10	<a href="#">Link Here</a>
Scissor Kicks (side-to-side)	3	20	<a href="#">Link Here</a>
Additional Comments:			
Caution, shoulders tend to be weak, so aim for proper form and weight Research "Knees of toes guy"			
High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy			

### 1.3 Wednesday

Back / Biceps Stretches / Mobility Back Stretches. Additionally include Press ups(push-up with hips on ground) Bicep Stretches.			
<i>Workout</i>	<i>Sets</i>	<i>Reps</i>	<i>Reference Link</i>
Seated Cable Row	5	5	Seated Cable Row Link Here
Hammer curls	4	8	Hammer Curl Link Here
Bent over barbell row	5	7	Barbell Row Link Here
Supermans	3	25	Supermans Link Here
Russian Twists	3	45 seconds	Russian Twists Link Here
Press ups	3	15	Link Here
Additional Comments: We are aiming to build strength, which means high weights, low reps Size increase will be less noticeable because strength $\neq$ size			
High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy			

### 1.4 Thursday

Shoulders / Chest Stretching and Mobility Chest Stretch Link Here Shoulder Stretch Link Here			
<i>Workout</i>	<i>Sets</i>	<i>Reps</i>	<i>Reference Link</i>
Arnold Press	5	7	Link Here
Bench Press	5	5	Bench Link Here
Heel Touches	3	30	Link Here
Rotator Cuff Ex- ercise (all, light weight)	3	10	
Crunches	3	40	Chest Flys link Here
Link Here			
Additional Comments: This final Shoulder exercise is important to master and continue.			
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## 1.5 Friday

Biceps / Triceps			
Stretching and Mobility			
Bicep Stretches.			
<i>Workout</i>	<i>Sets</i>	<i>Reps</i>	<i>Reference Link</i>
Hammer curls	4	8	Hammer Curl Link Here
Skull Crushers (Decline bench)	4	8	Link Here
Preacher curls	4	8	Preacher Curls Link Here
Rope Pull Downs	5	7	Link Here
Flutter Kicks	3	1 minute	Flutter Kicks link Here
supermans	3	30	Supermans Link Here
Additional Comments: High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy			

## 1.6 Saturday

Legs / Back			
Stretches / Mobility			
Back Stretches. Additionally include Press ups(push-up with hips on ground)			
Leg Stretch Link Here			
<i>Workout</i>	<i>Sets</i>	<i>Reps</i>	<i>Reference Link</i>
Front Squat	5	5	Link Here
Choose from link	5	5	Link Here
Romanian Deadlifts	5	7	RDL Link Here
Seated Cable Row	5	5	Seated Cable Row Link Here
Bulgarian Split Squats	5	5 (Each leg)	Link Here
Russian Twists	3	45 seconds	Russian Twists Link Here
Forward Plank	3	1 minute	Link Here
Additional Comments: High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy			