

CLS Swim Workout

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1 Week 1-3 Workouts

1.1 Monday

| Chest / Triceps | | | |
|---|--------------------|--------------------|--------------------------------------|
| Stretches (Before and After): | | | |
| Chest Stretch Link Here . Additionally, use a roller or tennis ball | | | |
| <i>Workout</i> | <i>Sets</i> | <i>Reps</i> | <i>Reference Link</i> |
| Bench Press | 5 | 5 | Bench Link Here |
| Skull Crushers | 4 | 8 | Link Here |
| Chest Flys | 5 | 7 | Chest Flys link Here |
| Rope Pull Downs | 5 | 7 | Link Here |
| 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 Link Here , Shoulder Stretch Link Here . Additionally, use a roller or tennis ball | | | |
| <i>Workout</i> | <i>Sets</i> | <i>Reps</i> | <i>Reference Link</i> |
| Front Squat | 5 | 5 | Link Here |
| Rear Flys or rope pull | 4 | 8 | Link Here |
| Romanian Deadlifts | 5 | 7 | RDL Link Here |
| Arnold Press | 5 | 7 | Link Here |
| Bulgarian Split Squats | 5 | 5 (Each leg) | Link Here |
| Rotator Cuff Exercise (all, light weight) | 3 | 10 | Link Here |
| Calves (Chose from the video) | 3 | 20 | Link Here |
| 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 |
| Preacher curls | 4 | 8 | Preacher Curls Link Here |
| Rack pull (bar to about knees height, Higher than in the video) | 5 | 5 | Rack Pull Link Here |
| Choose from link | 3 | 10 | 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 https://www.setforset.com/blogs/news/chest-stretches 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 |
| Rear Flys or rope pull | 4 | 8 | Link Here |
| Chest Flys | 5 | 7 | Chest Flys link Here |
| Rotator Cuff Exercise (all, light weight) | 3 | 10 | Link Here |
| Additional Comments: This final Shoulder exercise is important to master and continue. High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy | | | |

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 |
| Choose from link | 3 | 10 | Link Here |
| Single Arm Rope Pulldown | 5 | 5 | 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 |
| Seated Cable Row | 5 | 5 | Seated Cable Row Link Here |
| Calves (Chose from the video) | 3 | 20 | Link Here |
| Additional Comments: High protein diet, lots of water and electrolytes, decrease the following food categories carbs/gluten/sugar/dairy | | | |