

HOBART AQUATIC MASTERS DRYLAND WEIGHT TRAINING

With this training the focus is on quality rather than quantity. As with swimming, only do exercises whilst you can maintain your technique and posture. Lift your shoulders up towards your ears then roll them backwards and down to put them into their start position. Do not hunch forward. Stand straight and keep your feet shoulder width apart. Avoid looking down unless it is part of the exercise.

Use only small weights, no heavier than 2 kg each dumbbell.

Plan to spend about 30 minutes doing this workout including warm up and cool down.

WARM UP

Always do a warm-up for about 5 to 10 minutes. You will know you have warmed up when your breathing pattern changes and you start to breathe more heavily. This is especially important if you exercise first thing in the morning. Don't forget to have some water first and stay well hydrated during and after the training session.

Warm-up Options:

1. Do squats and simple shoulder rotations/entire arm swings forward and backwards to warm up muscles and elevate your heart rate. Squats are a great warm up because they involve large muscles, and arm swings get the blood flowing to your shoulders.
2. Go for a jog or power walk with a weight in each hand, climb some stairs or walk up a hill to get your heart pumping at a comfortable but elevated level.

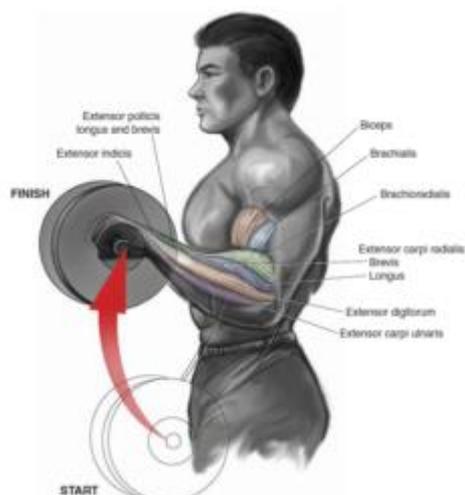
WEIGHT TRAINING EXERCISES

Adapt the order if you wish, but do lightweight exercises first. Focus on quality rather than quantity. Always maintain control of your movement and balance. Control your breathing as if you were swimming – time your inhale and exhale with exercise movements such as down - inhale and up - exhale.

REPETITIONS

Set a target number of repetitions for each exercise that is relatively comfortable for you. For example do 10 repetitions per side. Move quickly from one exercise to the next and rest when you have completed the entire sequence. Repeat the sequence of exercise about 3 times.

BICEP CURLS WITH OVER HAND GRIP



1. Stand straight with shoulders back, feet shoulder width apart and parallel, and weights in each hand with an overhand grip (knuckles facing to the front), hands by your sides.
2. Maintaining contact between your elbow and your side, raise the right hand weight directly to the front under control up to shoulder height and lower again to your side.
3. Do at least 10 repetitions on your right then the same on your left.

STRAIGHT ARM HIGH SIDE LIFT WITH OVERHAND GRIP

1. Stand straight with shoulders back, feet shoulder width apart and parallel, and weights in each hand with an overhand grip (knuckles facing out to the side), hands by your sides.
2. With a straight arm, raise the right weight as high as possible (to vertical if possible) and lower again to your side.
3. Do at least 10 repetitions on your right then the same on your left.

STRAIGHT ARM HIGH FORWARD LIFT WITH OVERHAND GRIP

1. This exercise is the same as the side lift exercise except to the front, with knuckles facing the front.

STRAIGHT ARM BACKWARD LIFT WITH SIDE GRIP

1. Stand straight with shoulders back, feet shoulder width apart and parallel, and weights in each hand with an overhand grip (knuckles facing out to the side), hands by your sides.
2. With a straight arm, raise the right weight directly behind and as high as you can, then lower the weight to your side.
3. Do at least 10 repetitions on your right then the same on your left.

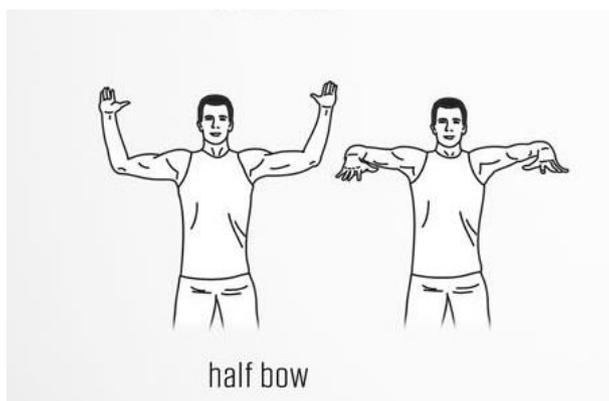
BEHIND HEAD LIFT

1. Stand straight with shoulders back, feet shoulder width apart and parallel, and weights in each hand with an overhand grip (knuckles facing out to the side), hands by your sides.
2. Raise both weights and hold them both behind your head on top of your shoulders, knuckles facing out to the side. This is the start position for this exercise.
3. Raise both weights simultaneously above your head as high as you can until both arms are straight, then lower them again back to the top of your shoulders.
4. Do at least 10 repetitions.

TORSO TWISTS, WEIGHTS HELD TO CHEST

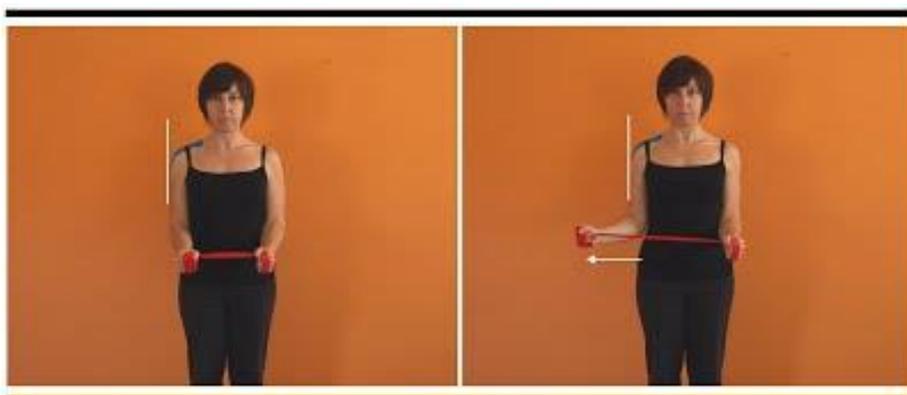
1. Stand straight with feet shoulder width apart and parallel, and hold both weights up against your chest.
2. Twist to the right as far as you can go, then twist to the left as far as you can go.
3. Do at least 10 complete repetitions.

ROTATOR CUFF HIGH SIDE ROTATIONS



1. Stand straight with feet shoulder width apart and parallel, and arms raised in the 'hold-up' position (shoulder to elbow section of your arms held up to the side and parallel to the ground, and elbow to hand section of your arms held vertically).
2. Keeping your elbow at a constant height from the ground, lower the right hand weight directly forward until your forearm is parallel to the ground, and then raise it again to the vertical position.
3. Do at least 10 repetitions on your right then the same on your left.

ROTATOR CUFF LOW SIDE ROTATIONS



1. Stand straight with feet shoulder width apart and parallel, and with weights held with knuckles facing the sides. Keeping your elbows in contact with your sides, raise the weights directly to the front until your forearms are parallel to the ground.
2. Keeping your right forearm parallel to the ground and your elbow in contact with your side, sweep your right hand as far to the right as possible and back to the front.
3. Do at least 10 repetitions on your right then the same on your left.

STATIC T HOLD

1. Stand straight with feet shoulder width apart and parallel, arms by your sides with weights held with knuckles facing outward to the sides.
2. With straight arms, raise both weights to the side until both arms are parallel to the ground and your body has formed a T.
3. Hold this position for at least 30 seconds.

COOL DOWN/RECOVERY OPTIONS

1. Lie on your back with your legs elevated/feet resting against a wall, with head resting on a folded towel and arms resting in the 'hands up' position (this may give you a gentle stretch across your chest). The 'hands up' position is with upper arms extending directly out from your shoulders and lower arms forming a right angle at the elbow, back of hands resting on the ground with palms facing up. If the back of your hands are not resting in contact with the ground, rest a light dumbbell in your hand and let the weight of the dumbbell gently force your hand against the floor. The rest of your arm should also be in contact with the floor. Relax in this position for about 10 minutes. Breathe deeply.
2. Go for a gentle walk for about 10 minutes, making sure you keep your shoulders moving as you go.
3. Do some stretches:
 - a. Standing upright place your right hand over the top of your head and over your left ear and gently pull your head towards your right shoulder. Hold for a slow count to ten then switch sides.
 - b. Standing upright clasp your hands behind your back and raise them as high as comfortably possible. Hold for a slow count to ten.
 - c. Standing upright and clasping a weight in each hand, hold the weights to your chest and twist to your right side as far as you can. Hold for a slow count to ten. Then twist to the left side and hold for a slow count to ten.
 - d. Standing upright and looking up, raise your hands above and behind your head to stretch your low back. Hold for a slow count to ten.
 - e. Take a large lunge step forward and turn to the side of your forward leg. Try to look behind you. Hold for a slow count to ten then do the same on the other side.
 - f. Standing upright raise your right foot backwards and clasp your instep. Pull your foot up until your heel is touching your right buttock, or as close to that as possible. Make sure your knees are together. Hold onto a wall with your left hand to balance if needed. Hold for a slow count to ten then switch sides.
 - g. Sitting on the ground with your legs extended and ankles in right angle position (toes not pointed), extend your arms forward along your legs until you feel a stretch along the back of your legs. Hold for a slow count to ten.