**Dry Land Instructions**

Core strength is so important for swimmers. These 12 exercises will help build the strength necessary for effective strokes, starts, and turns. Choose 2-3 each day and repeat them for at least 10 minutes. On rain-out days, do enough exercises to fill 45 minutes. Let’s fill the air with Creek Pride and Creek Success!

**Plank.** Support yourself on forearms and toes. Keep your elbows directly below your shoulders. Squeeze your abs and glutes to achieve a straight spine-line. Hold for a count of 30. Repeat 4 times.

**Cat Cow.** Kneel on all fours with shoulders directly over the hands and hips over the knees. Inhale, tuck the toes under and arch the back. Lower the belly to ground, gazing upwards. Exhale, untuck the toes, round the back, gazing at the navel. Repeat 5 times.

**Hip Bridges.** Lie on your back with your arms at your side, feet flat, and knees bent so that your heels are touching your bottom. Keeping your feet flat, raise your body up to achieve a straight spine-line. Hold for a count of 30. Repeat 4 times.

**Bird Dog.** Begin on all fours. Inhale and extend the right arm and left leg. As you exhale, round the back and touch the right elbow to the left knee. Inhale and extend the right arm and left leg. Repeat 5 times, and then switch to left arm and right leg.

**Superman.** Lie face down on the ground, arms straight above your head. Tighten your glutes and abs. Lift your left arm and right leg. Hold for a count of 5. Repeat 4 times, and then switch arms and legs.

**Downward Dog.** From all fours with your legs hip-width apart, tuck the toes under and lift your hips toward the sky. Slowly lower the heels toward the ground. Hold the pose for 5 inhales and 5 exhales.

**Flutter Kicks.** Lie on your back, with your hands down to help balance. Flutter your legs up and down. Keep your legs straight and the kicks small. Repeat sitting up. Try raising your arms over your head.

**Side Planks.** Face sideways and place your right forearm on the ground. Lift the left arm up to the sky. Place left foot on top of the right foot and raise the hips to a straight line. Hold for 5 cycles of inhale and exhale. Repeat on the other side.

**Russian Twists.** Sit up with bent legs. Raise the heels a few inches off the ground. Holding a lightweight object in your hands, twist 45 degrees to touch the object to the ground. Then twist to the other side. Perform the movement with control, not jerky. Repeat 25 times.

**Swim Start Jumps**. With legs at shoulder width, lean over into the starting position. Jump up into streamline with arms overhead. Repeat 10 times. Repeat from the track start position.

**Lunges.** Slowly put right leg in front with knee bent 90 degrees and back knee almost touching the ground. Return right leg to original position. Repeat with left leg going out front. Repeat 10 times.

**Push Ups.** With straight arms, glutes and abs tightened, steadily lower yourself until your elbows are at 90 degrees or smaller. If possible, lower your body so that your chest touches the ground. Keep your elbows relatively close to your body. Once you get down as far as possible, pause slightly, then push back up to the start position. Start with 5 good push ups done correctly. Then increase that number.