Dryland Development For Club Swimmers

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Thank You
Have A Vision
Step 1: Mobility
Ankle Mobility
Ankle Mobility: A Closer Look
Wall Hip Flexor Mobility
Adductor Mobility
Glute Bridge w/ OH Reach
Side Lying Windmill
Yoga Push Ups
Seated Wall Angels
Wall Walks w/ Scap Retraction
Strengthen The Shoulders!
Cable External Rotation
Face Pulls
Dynamic Hug
Band External Rotation w/ Traction
Side Lying Horizontal E.R.
Scap Punches
Feet Elevated Push Up Plus
Scapular Retraction
Train The Trunk
Glute Medius Training
Dead Bug
Pallof Press
Slide Board Push Ups
Cable Chops
Cable Lift
OH Hold Step Up
Reverse Crunches
Isometric Holds
Develop Athletes
Jump Rope
Jump Rope Progression
Jump Rope = Athlete
Push Up Technique
Spider Man Push Ups
Age Group Power Jumps
Multi Joint Movements
Olympic Lifts?
Multi Joint Lifts?
Chin Ups on Rings
Sled Work
Med Ball Work
Med Ball Work
Med Ball Work
Med Ball Work
Med Ball Work
Med Ball Work
Thank You