3 X 30 MINS NON-CONSECUTIVE WORKOUTS FOR FREESTYLE & BUTTERFLY /U/W

1.ARMS/CHEST /6 MINS

Wide grip press-ups

PRIMARY:TRICEPS BRAC/PEC MAJOR

SEC : ANTERIOR DELT

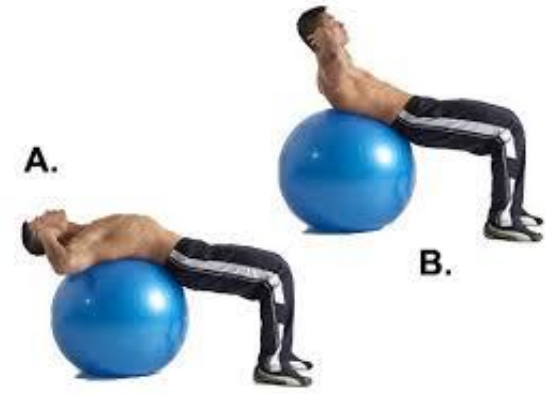
Close grip press up with medicine ball

PRIMARY :PEC MAJ/TRI BRAC

SEC: PEC MINOR/ANT DELTOID

3 SETS OF 50 PRESSUPS ALTERNATE ODDS SETS WIDE GRIP/ EVEN SETS CLOSE GRIP

2. ABS /6 MINS



PHYSIO BALL CRUNCH

PRIMARY: RECTUS ABDOMINIS

SEC: EX –INT-OBLIQUE/TRANS ABS/RECTUS FEMORIS

6 SETS OF 45 SEC /15 SEC RI

3.LEGS/ 6 MINS

PRIMARY: GLUTES/BICEPS FEM

SEC : ERECTOR SPINAE

6 SETS OF 45 SEC /15 SEC RI

4. SHOULDERS/BACK 6 MIN

CHIN UPS WITH OVERHAND

PRIMARY: LATISSIMUS DORSI
SEC: LOWER TRAPS/RHOMBOID MAJ-MIN /BICEPS BRACHIALIS
2 SETS OF 4 /3 MIN RI

5.GENERAL WHOLE BODY / 6 MINS

WITH LIGHT MED BALL
PRIMARY:REC FEM/GLUTES/ERECTOR SPINAE/EX –INT OBLIQUE/ANT-MID-POST DELT/TRI CEP
SEC: TRAPEZIUS/RHOMBOID MAJ-MIN
6 SETS OF 45 SEC/15 SEC RI ALT ODD SETS LEFT/EVEN SETS RIGHT

TOTAL 30 MINS PERFORM 3 TIMES A WEEK MON/WED/SAT ON NON CONSEC DAYS