



Swim Circuits from IRONMAN Foundation Ambassador Coach Brent Pease (requires bands):

Sequencing is to do 2x Circuit 1, 2x Circuit 2 then 2x Circuit 3; rest 1minute after last round of Circuit 3. Then repeat the entire Master Circuit again

- Stretch Cords: KEEP YOUR ELBOWS UP & maintain a steady stroke rate

MASTER CIRCUIT (perform 2x):

- Circuit 1

2x Through:

- 20seconds cords

- Rest Interval as: 20x oblique crunches (20 ea side)

- Circuit 2

2x Through:

6-12 pushups (as many as form allows)

- Rest Interval as: 10x lateral leg raises (10 ea side)

- Circuit 3

2x Through:

6-12 Stair/Bench Tricep Dips: 6-12 as form allows

- Rest Interval as: 6x Lower Ab Semi-Circle

- DEMONSTRATIONS

- Circuit 1

- Cords: [VIDEO](#) ("swim pull" in this video)

- Oblique Crunches: [VIDEO](#)

Circuit 2

- Lateral Leg Raise: [VIDEO](#)

- Circuit 3

- Bench/Stair Tricep Dip: [VIDEO](#)

Notice hand position on tricep dips

- Lower Ab Semi Circle: [VIDEO](#)

- [PURCHASE STRETCH CORDS](#)