

Bodyweight Strength Training

Video 24 | Stability, strength and movement control

MASTER YOUR BODY FIRST

Bodyweight training builds general strength, muscular endurance, balance and trunk control with minimal equipment.

Train the whole body

LEGS

Squats and lunges support stable movement, starts, turns and kicking.

CORE

Bridges, bird dogs and planks connect the upper and lower body.

PUSH

Push-ups build balanced chest, shoulder and arm strength.

PULL

Supported rows can strengthen the back and pulling muscles when safe equipment is available.

Control every repetition

- Use a stable body position and natural breathing.
- Stop the set when posture or technique begins to fail.
- Begin with one or two sessions per week and allow recovery between sessions.
- Avoid demanding strength work immediately before an important swim.

Bodyweight Strength Training

Video 24 | Simple whole-body session

2. BODY WEIGHT / CALISTHENICS

These exercises use the swimmer's own body weight and can be performed at any time of the day. The core exercises include push-ups, chin-ups, squats, abdominal work, and dynamic movements.

Push-Ups



Chin-Ups



Squats



Plank



Mountain Climbers



Burpees



Leg Raises



Russian Twists



Dips



Hanging Leg Raises



Pike Push-Ups



L-Sit (Calisthenics)



Sample beginner session

Exercise	Sets x reps	Rest
Bodyweight squat	2 x 10-12	30-45 sec
Incline push-up	2 x 8-12	30-45 sec
Glute bridge	2 x 10-15	30-45 sec
Bird dog	2 x 8-10 / side	30 sec
Controlled plank	2 x 15-30 sec	30-45 sec

COACHING RULE

MORE REPETITIONS ARE USEFUL ONLY WHILE EVERY REPETITION REMAINS CONTROLLED.