

WEIGHT TRAINING FOR WATER POLO
A FOUR-DAY SPLIT PROGRAM

Monday

Exercise	Description	Sets	Weight
Warmup	Supine longitudinal flys Supine lateral flys	1 x 30 1 x 20	10
Barbell Bench Press		1 x 10 1 x 10 1 x 10 1 x 10	135 145 155 165
Barbell Incline Press	45 degrees	1 x 10 1 x 10 1 x 10 1 x 10	105 115 125 135
Ball Pushups	Hands on floor and feet on exercise ball	3 x 25	
Squats		1 x 10 1 x 10 1 x 10 1 x 10 1 x 10	45 (bar) 95 105 125 135
Lunges		3 x 20	15 ea hand
Situps	Supine on mat, feet under bar, hips and knees flexed	3 x 25	
Back Arches	Prone on mat, raise all four limbs and hold for 5 seconds, lower, repeat	3 x 25	
Twisted Situps	Feet under bar, hips and knees flexed, right elbow to left knee, left elbow to right knee	3 x 25	
Alternate Arches	Prone on mat, raise right arm and left leg and hold for 5 seconds, lower, raise left arm and right leg and hold for 5 seconds, repeat cycle	3 x 25	
Ball Situps	Butt on ball	3 x 10	
Ball Hip Raises	Heels on ball, back on mat, raise hips until body is straight, hold for 5 seconds, lower, and repeat	3 x 25	
Twisted Ball Situps	Butt on ball, right elbow to left knee, left elbow to right knee	3 x 10	
Ball Walking	Prone with abdomen over ball, walk forwards on hands until insteps are on ball, walk back to starting position	3 x 10	

For any given exercise, if you could finish all sets last week, increment either starting weight (for weighted exercises) or reps (for non-weight exercises).

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Tuesday

Exercise	Description	Sets	Weight
Warmup	Supine longitudinal flys Supine lateral flys	1 x 30 1 x 20	10 lbs
Prone Back Flys	Face down on bench, raise dumbbell in each hand (palm down) so that arm parallel to ground	4 x 10	15
Seated Arm Raises	Seated, raise dumbbell in each hand (palm down) so that arm parallel to ground	3 x 10	10
Supine Arm Rotations	Supine on bench, elbows 90 degrees, palms up holding barbell, rotate until forearms are perpendicular to ground	3 x 10	20
Seated Arm Rotations	Seated, forearms parallel to ground, elbows 90 degrees, barbell touching chest, palms back holding barbell, rotate laterally 180 degrees until barbell over head	3 x 10	20
Close Grip Chinups	Hands no wider than shoulder width, palms back, raise chin to bar	3 sets	To failure
Lat Pulldowns	Arms 45 degrees outside of shoulders, palms forwards, pull bar down to top of chest	5 x 10	50 60 70 80 90
Barbell Pullovers	Supine on bench, hold barbell at shoulder width, elbows bent, pull barbell to over face, return, repeat	3 x 10	50
Parallel Torso Twists	Stand perpendicular to pulley, use two-handed grip on handle, pull handle to far side of body using torso	2 x 10 ea direction	20
Hamstring Curls		3 x 10	50

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Thursday

Exercise	Description	Sets	Weight
Warmup	Supine longitudinal flys Supine lateral flys	1 x 30 1 x 20	10
Dumbbell Bench Press		1 x 10 1 x 10 1 x 10 1 x 10	30 35 40 45
Dumbbell Incline Press	45 degrees	1 x 10 1 x 10 1 x 10 1 x 10	25 30 35 40
Explosive Pushups	Push hard enough to get both hands off the ground	3 x 15	
Squats		1 x 10 1 x 10 1 x 10	45 (bar) 105 135
Lunges		5 x 20	20 ea hand
Inclined situps	Body at 45 degrees head down, feet under bar, hips and knees flexed	3 x 15	
Roman Chair	Hands behind head, raise to parallel to ground, lower, repeat	3 x 10	No weight
Twisted Incline Situps	Body at 45 degrees head down, feet under bar, hips and knees flexed, right elbow to left knee, left elbow to right knee	3 x 10	
Ball Arches	Prone with abdomen over ball, extend to straight legs and back arch	3 x 10	5 ea hand
Weighted Ball Curlups	Butt on ball, weight plate held behind head	3 x 10	10 plate
Ball Hip Raises	One heel on ball, other heel held in the air, back on mat, raise hips until body is straight, hold for 5 seconds, lower, and repeat	2 x 10 each leg	
Hanging Curlups	Bring knees to chest	3 x 10	
Suspended Ball Arch	Prone with hands on mat and insteps on ball, go from slight droop (back arch) to slight hump (hips high), hold for 5s, lower, repeat	3 x 5	

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Friday

Exercise	Description	Sets	Weight
Warmup	Supine longitudinal flys Supine lateral flys	1 x 30 1 x 20	10 lbs
Prone Back Flys	Face down on bench, raise dumbbell in each hand (palm down) so that arm parallel to ground	4 x 10	15
Seated Arm Raises	Seated, raise dumbbell in each hand (palm down) so that arm parallel to ground	3 x 10	10
Supine Arm Rotations	Supine on bench, elbows 90 degrees, palms up holding barbell, rotate until forearms are perpendicular to ground	3 x 10	20
Seated Arm Rotations	Seated, forearms parallel to ground, elbows 90 degrees, barbell touching chest, palms back holding barbell, rotate laterally 180 degrees until barbell over head	3 x 10	20
Combo Chinups	Palms forwards, wide grip, pull chin to bar, upon failure, immediately switch to close grip (palms back) to finish set	3 sets	To failure
Lat Pulley Pulldowns	Pulley in each hand, palms down, arms straight, pull handle down to body	5 x 10	20 25 30 35 40
Dumbbell Pullovers	Supine on bench, hold dumbbell with two hands and elbows bent, pull dumbbell to over face, return, repeat	3 x 10	25
Pullover Torso Twists	Stand perpendicular to pulley, use two-handed grip on handle at 45 degrees above one shoulder, pull handle across and down to other side of body using torso	2 x 10 ea direction	15
Hamstring Curls		3 x 10	50