

SHARKS SWIMMING STRENGTH & CONDITIONING

Q SWIM HOME ROUTINE-DAY 4 COORDINATION | TOM BARTON (AUS)

Elements of a Functional Pre-Swim Warm Up:

1. Readiness, 2. Physical, 3. Connection & Activation, 4. Awareness, 5. Specific Targeted areas for session

JUMPING JACKS

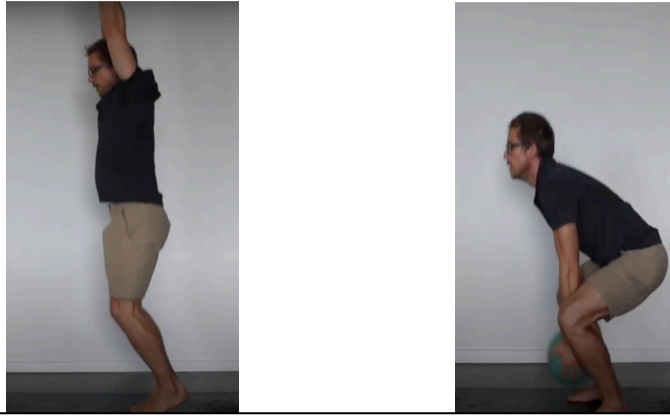
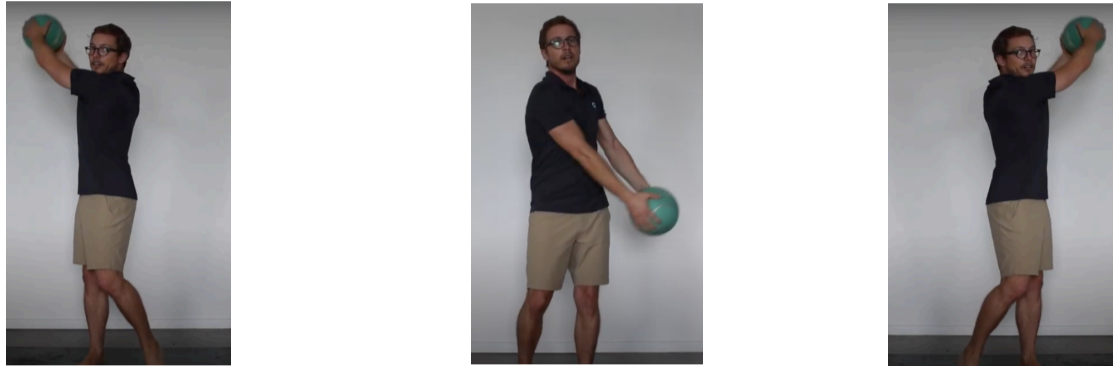
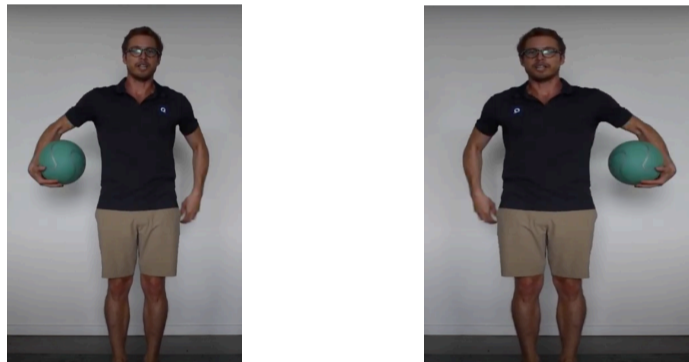


FIGURE 8



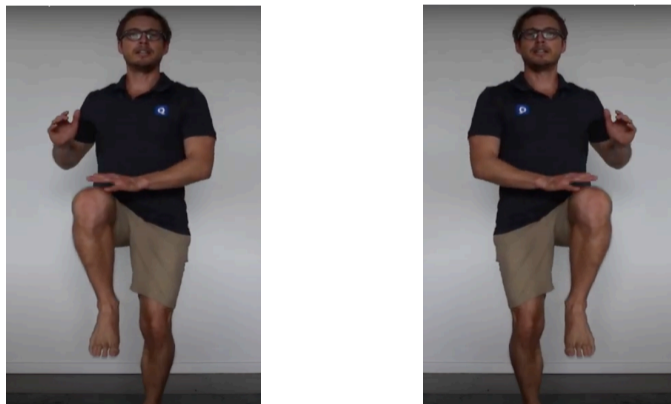
PASSING THE BALL AROUND THE BACK



REVERSE LUNGES WITH TWIST



SKIPPING



Tom's Big 5: 1. Pecs 2. Lats 3. Abs 4. Hips 5. Ankles