

## SWIMMER SHRUGS

Elements of a Functional Pre-Swim Warm Up:

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

**LEVEL 1**



**10 Reps**

Shrug maintaining head, torso, and pelvis alignment. 1-3 kg dumbbell. 5 reps one side, then change.

**LEVEL 2**



**10 Reps**

Bicep Curl plus Overhead Press adding internal rotation. Ensure that the shoulder blade goes through its full range of movement. Watch your reflection. 1-3 kg dumbbell. 10 reps alternating sides.

**LEVEL 3**



**10 reps**

Alternate Overhead Press. Overhead Press from the shoulders adding internal rotation. Watch your reflection. 1-3 kg dumbbell. 10 reps alternating sides.

**LEVEL 4**



**5 reps**

Pull to Press. From Dead-lift position into a swimming specific Overhead Press position with internal rotation. 5 Reps.

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