

PRE-SWIM ROUTINE | GLUTES

Elements of a Functional Pre-Swim Warm Up:	1. Readiness, 2. Physical, 3. Connection & Activation, 4. Awareness, 5. Specific Targeted areas for session		
BRIDGES			
GLUTE BRIDGES WITH SQUEEZE			
SINGLE LEG BRIDGES (Without band)			
BRIDGE WITH MARCH			
BRIDGE WITH BAND			
STRAIGHT LEG GLUTE BRIDGE			
REACHOVERS			
PNF MB RAISE			
FIRE HYDRANT (3 different exercises)			
TOE STABS			

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