

MUSCLES/BODY PARTS	PRE-SWIM ROUTINE
<p><b>Elements of a Functional Pre-Swim Warm Up:</b></p>	<p>1. Readiness, 2. Physical, 3. Connection &amp; Activation, 4. Awareness, 5. Specific Targeted areas for session</p>
<p>Arms</p>	<p>10 reps Right / Left Arm Forward Swings            10 reps Right/Left Arm Backward Swings            2 x 10 reps One Arm Forward / One Arm Backwards            10 reps Triceps Swings</p>
<p>Hip Flexors</p>	<p><b>Kneeling Lunge</b>  <i>40 seconds each side</i></p>  <p>Perform a posterior pelvic tilt to stabilize the trunk and focus extension at the hip. Hold the pelvic tilt as you slide forward to stretch the hip into extension.</p>
<p>Pectoralis</p>	<p><b>Push Ups</b>  <i>3 x 10 reps</i></p>  <p><b>DECLINE PUSH UP</b></p>
<p>Latissimus</p>	<p><b>Dead Bug Level 3 with Medicine Ball</b>  <i>2 sets of 5 reps each side</i></p> 
<p>Latissimus</p>	<p><b>Latissimus Stretch</b>  <i>40 seconds each side</i></p> 
<p>Ankle Flexors        - Plantar Flexion        - Dorsi Flexion</p>	<p><b>Japanese Seat Position</b>  <i>1min (15 seconds on, 15 seconds off)</i></p>  <p><b>Ankle Eversion/Flexion/Extension with band</b>  <i>5 reps on each</i></p>  <p>© Healthwise, Incorporated</p>
<p>Hips</p>	<p><b>Hip Hurdle</b>  <i>10 reps each leg</i></p> 