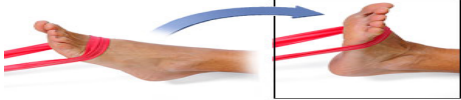




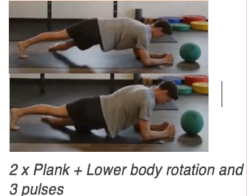









MUSCLES/ BODY PARTS	PRE-SWIM ROUTINE
<p><b>Elements of a Functional Pre-Swim Warm Up:</b></p>	<p>1. Readiness, 2. Physical, 3. Connection &amp; Activation, 4. Awareness, 5. Specific Targeted areas for session</p>
<p>Arms</p>	<p>10 reps Right / Left Arm Forward Swings            10 reps Right/Left Arm Backward Swings            2 x 10 reps One Arm Forward / One Arm Backwards            10 reps Triceps Swings</p>
<p>Ankle Flexors            - Plantar Flexion            - Dorsi Flexion</p>	<p>Ankle Eversion/Flexion/Extension with band            5 reps on each</p> 
<p>Theraband</p>	<p>1. Supine grip, elbows in, hands wide    2. Start High    3. Pull to lower chest</p> 
<p>Latissimus</p>	<p>Dead Bug Level 3 with Medicine Ball            2 sets of 5 reps each side</p> 
<p>Hip Flexors and Ankle Dorsi Flexors</p>	<p>1.  1 x push up     1 x Explosive jumps and med ball slam     2 x Plank + Lower body rotation and 3 pulses</p> <p>2.  2 x Plank + 3 Straight Leg Lifts     2 x Side Plank + Arm Extended     2 x Quadraped on elbows</p> <p>3.  1 x Push up     1 x Downward Dog     1 x Streamline jump</p>
<p>Pectoralis</p>	<p>Push Ups            3 x 10 reps</p>  <p><b>DECLINE PUSH UP</b></p>