




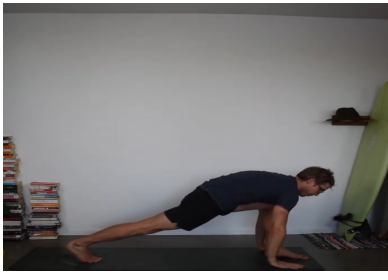
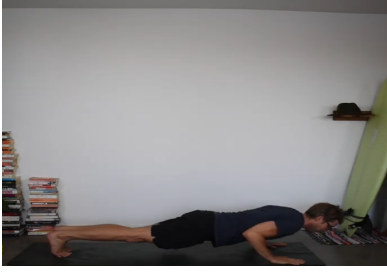
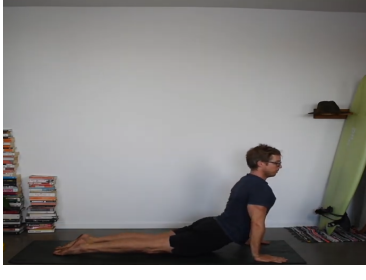
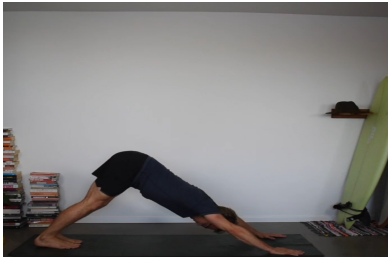


SHARKS SWIMMING STRENGTH & CONDITIONING

MUSCLES/BODY PARTS	Q-SWIM HOME ROUTINE DAY (YOGA II)	
Elements of a Functional Pre-Swim Warm Up:	1. Readiness, 2. Physical, 3. Connection & Activation, 4. Awareness, 5. Specific Targeted areas for session	
SET 1: hold for 5 deep breathes	SET 2: hold for 3 deep breathes	SET 3: hold for 1 deep breathe
		
1) High Lunge + S/Line	2) Warrior 2	3) Reverse Warrior
		SWITCH SIDES
4) Extended Side Angle	5) Twist	6) Repeat 1-5 x 2 (both sides)
		
7) Frame Foot	8) Chaturunga Dandasana	9) Up Dog
	SET 2: Repeat 1- 10 Holding each pose for <u>3 Deep Breathes</u>	SET 3: Repeat 1-10 Holding each pose for <u>1 Deep Breathe</u>
10) Downward Dog	11) SET 2: Hold for 3 Breathes	12) SET 3: Hold for 1 Breathe
Tom's Big 5: 1. Pecs 2. Lats 3. Abs 4. Hips 5. Ankles		