Pre-Pool Exercise

10-15 minutes

To be completed before every session or competition

* Arm Swings: 15 swings increasing range of movement with each swing (each arm, forward/backwards, figure of 8 and monkey)
* Leg Swings: 15 swings increasing range of movement with each swing (each leg, forward/backwards, across body)
* Trunk rotations and knee rolls: 20 seconds increasing range of movement with each rotations
* Rotator Cuff Exercise: Theraband In/Out, Tennis Ball Drops, streamline extensions (12 on each exercise).
* Hip exercises: Open and Shut Gate, Kick Back, Straight Leg Raises, shaky leg (15 on each exercise on each leg).
* Hamstring: Caterpillar Walk Outs (6)
* Core Activation: Plank (20 seconds), Straight Leg Raises (30), backstroke kick (30 each leg), Dead Bugs (5 each side), Russian Twist (15 each side)
* Pulse Raiser: 20 seconds hill climbers, 20 seconds star jumps, 10 press ups, 4 explosive jumps