

# PRE-POOL WARM UP

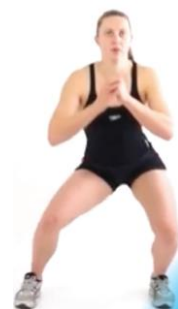
## RAISE Mountain Climbers

Assume a full press up position, head in line with the spine, and maintain a long extended spinal position



## Lateral Jumps

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Knees pushed outwards on landing and aligned with the toes forward.
3. Drive the hips downwards and backwards, not outwards.



## MOBILISE

### Standing Streamlined Reach-Ups

1. Elbow held in line with the shoulder and forearms at 90 degrees to the upper arm.
2. Stretch to full extension.
3. Neutral chin position.
4. Elbows must stay in line with the body, not pulled backwards.
5. Activate glutes and avoid the ribs flaring upwards and outwards.



### Hip Lateral Lunges

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Drop the hip downwards, not backwards, and maintain an erect torso.
3. Feet position approximately 1.5 to 2x body width and turned outwards.



## ACTIVATE

### Double Leg Glute Bridge

1. Feet hip width apart.
2. Neutral hip alignment.
3. Aim for straight line between knees and shoulders.



### Superman Arms

1. Maintain a square hip and shoulder position.
2. Palms face inwards as you lift the arm upwards and forwards.
3. Keep the back still and don't let the lower spine arch.



## PRIME

### Zombie Squat

1. Maintain an erect upright torso position.
2. Drop the hips downwards.
3. Controlled descent phase, activate glutes and perform a strong upward drive.



### Box Push Ups

1. Assume a 4-point kneeling position.
2. In the descent phase keep the elbows tucked into the side of the body.



## POST-POOL

- **Neck;** left ear to right shoulder, right ear to left shoulder, look over left shoulder, look over right shoulder.
- **Rotator cuff;** lying down, shoulder at 90° to body, palm down towards the floor, back of hand to floor.
- **Shoulders;** hand on something stable, keep arm straight, push arm backwards until you can feel stretch down your armpit.
- **Triceps;** arm bent over the top of your head, reach down your back and pull elbow with other hand.
- **Abdominals;** happy cat angry cat, cobra stretch.
- **Side Stretch (Latissimus Dorsi);** both arms holding arms stretched straight over your head, then lean and hold to left and right.
- **Gluteus;** sitting on the floor, cross one leg over the other, pull top knee towards you and hold the stretch, Swap the legs, which one is on top.
- **Hip Flexors;** one knee on the floor, other foot in-front with knee bent, push your hips forward, alternate leg that is in front.
- **Quadriceps;** standing up, balance on one leg, pull one heel up towards your bum and hold, alternate legs.
- **Hamstrings;** sitting on floor, bend one foot towards you, other leg straight, lean your body towards the straight leg and hold, alternate legs.
- **Groin;** sitting on floor, bend knees and bring your heels towards yourself, let knees fall out to the side.
- **Gastrocnemius (Calf);** pushing against the wall in standing, one leg in front of the other (one meter apart), both feet make sure toes are pointing forwards, straighten the back leg to feel a stretch and hold, alternate legs.
- **Foam Roller** on any areas that are sore.