

Poolside Warm Up

- This warm up is to be done before every training session and at every competition.
- Every exercise is to consist of 10 to 12 repetitions, gradually making the movement bigger and quicker to help stretch and warm up the joints and muscles.

Upper Body

- 1) Head roll – trying to touch ear to shoulder and get chin on chest change direction after 5 or 6
- 2) Shoulder shrugs – Up and down or circles
- 3) Single arm swing forwards – repeat on both arms
- 4) Single arm swing backwards – repeat on both arms
- 5) Double arm forwards – swimming fly
- 6) Both arms backwards – swimming backstroke
- 7) Bent at waist – swinging arms forwards and backwards at same time
- 8) Bent at waist – swinging arms side to side to hug yourself
- 9) Arms at shoulder height and bent at elbow, twisting from hips slowly bend from hips while straightening your arms out until your finger tips are scraping the floor and slowly back to upright

Lower Body

- 1) Forward and backwards leg swings
- 2) Sideways leg swings
- 3) Hip rotations – changing direction

General

- 1) Mini 'V' sit ups
- 2) Jogging on the spot including star jumps, fast feet, high knees, heels to bum, streamline vertical jumps