

## Stretch Exercises

### Thoracic Rotation with Boomstick



### Dynamic Arm swings Front-Back/Up-Down



### Archer Stretch



Lie on the side with hands and knees on top of each other, pull shoulder back as if an archer and push the shoulder toward the floor. Ensure that hips do not roll back during the movement.

### Prone Shoulder ROM Stretch



Elevate elbows above the head and place hands in the centre of the back. Whilst kneeling on the floor, place elbows on the block or similar heightened surface. The coach or trainer (someone responsible) places one hand on each lat and applies small downward pressure to achieve the desired stretch.

## Lat Stretch



Place an elbow overhead on a wall or straight surface. Lean into the wall until a stretch is achieved in the Lats and triceps.

## Hip Flexor Stretch



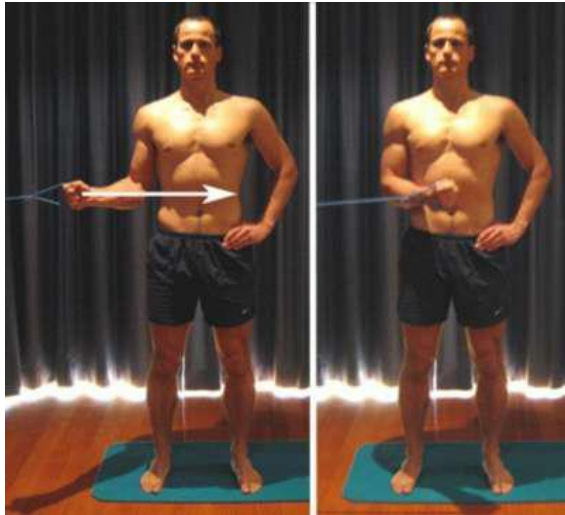
Kneeling on one knee with a lengthened spine, place one foot in front at a 90 degree angle. On the supporting leg, tilt the pelvis in an anterior position (top to back) and draw up through the abdominal muscles opening the angle of the hip flexors.

## Sitting Ankle Stretch



Depending on the swimmers level of ankle flexibility, the stretch may start by sitting on the feet as displayed in the first image. This may be progressed by placing a towel or foam roller under the toes to increase the stretch and range.

## Internal Thera Band Shoulder Rotation



**Keep shoulders back and shoulder blades flat against the ribcage. Hinge on the elbow as the band moves closer to the body.**

#### **External Thera Band Shoulder Rotation**



**Keep shoulders back and shoulder blades flat against the ribcage. Hinge on the elbow as the band moves away from the body.**

## **Activation Exercises**

**Overhead Lunge Squat x 12**

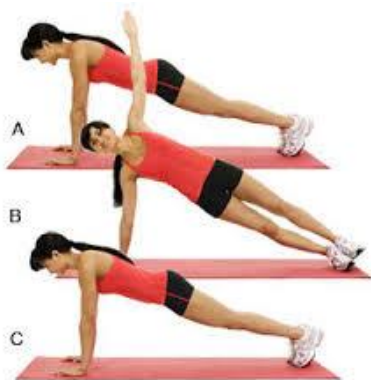


**4PT Opposite arm & leg lift x 12 (Kneeling position)**



**Extend opposite arm/leg whilst maintaining neutral spine. Hips are to remain parallel to the floor during movement.**

**Push – Up to Side Plank x 12**



**Hip Extension (Glute Bridge) x 12**



**Sit – Up to Vertical Jump x 12**

**Leg Swings x 12 Front-Back/Left-Right**



**Leg Swings**

