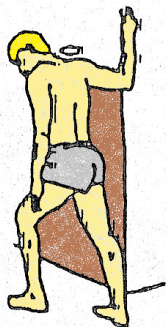


Stretching Exercises

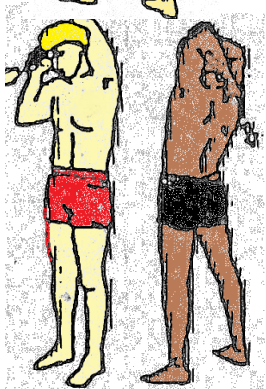
Stretching is an important part of becoming a better swimmer. It will help to improve your range and freedom of movement and help to prevent injury.

Before stretching you should try to skip for a few minutes to warm the body up. This is not always possible before the start of our training sessions. If you cannot skip then do arm circling for a few minutes then start the stretches. The really keen ones of you will try to do these exercises at home at least 3 times per week for 15 - 20 minutes.

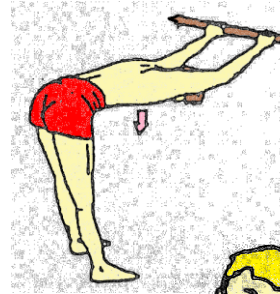
Stretching should NOT be painful. If you do suffer pain then stop stretching.



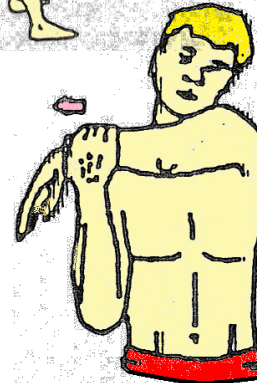
1. Stand in a walking position, bend your elbow and support your forearm in a door frame or corner.
Gently rotate your upper body away from the arm until you feel stretching in the upper arm and muscles.



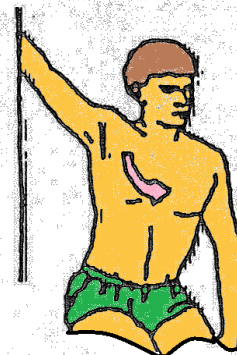
2. Stand or sit. Bring the arm to be stretched behind your neck.
Grasp your elbow with your other hand and push until you can feel the stretch in the back of your upper arm.
You will feel the stretch in your armpit and side.



3. Stand with your legs hip width apart and lean your upper trunk forward.
Grip a pole/ edge of table with your hands.
Gently let the upper trunk drop down, keeping your arms straight.
Hold stretch for 20 seconds.



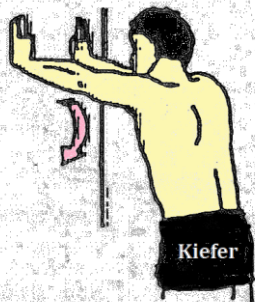
4. Stand or sit. Stretch one arm over to the opposite shoulder by pushing it at the elbow with your other arm.



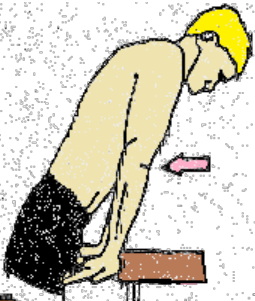
5. Standing – Lift your arm as high as possible and support it (e.g. door frame).
Rotate your upper trunk 90° in the opposite direction.



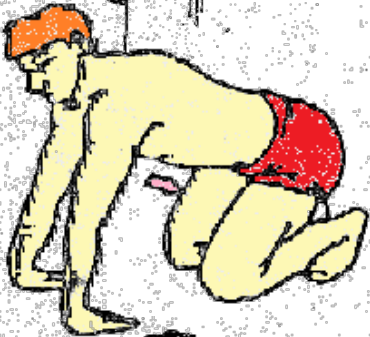
6. Standing with your arm behind your back.
Gently pull your arm across your body or up towards the shoulder blade.



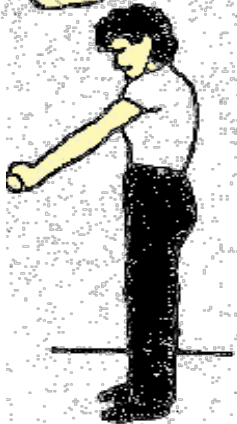
7. Lean against a wall arms straight with fingers facing up. Slowly slide your fingers down until you can feel the stretch on the inside of your forearm.



8. Stand leaning on a table with straight arms. Palms against the table fingers facing towards body. Shift your weight backwards until you feel a stretch on the inside of your arm.

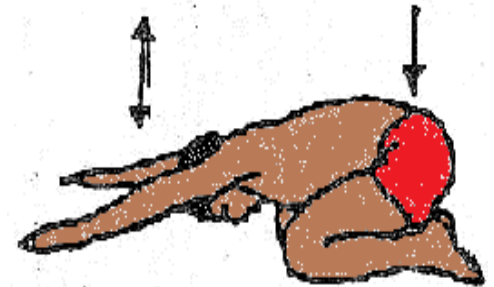


9. Crawling position with fingers pointing towards your knees. Keep arms straight and shift your body weight evenly backwards until you can feel the stretch on the inside of your forearm.

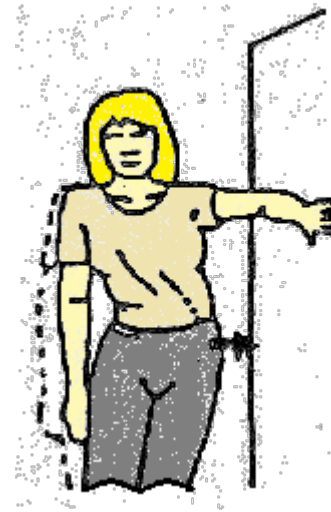


10. Stand or sit. Push shoulders forward, stretch your arms diagonally forwards and down keeping your chin in.

11. Crawling position. Press your bottom towards your feet, head against the floor and arms straight forward. Alternatively lift each arm straight up while keeping the head on the floor.



12. Sit on the floor with your legs crossed. Curl your trunk forward over your legs stretching the back muscles.

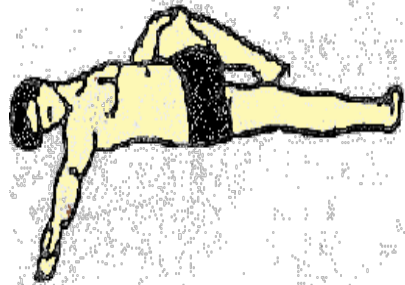


13. Stand sideways next to a wall with your elbow bent and forearm against the wall. Push your hips towards the wall and hold.



14. (1) Stand straight with one hand on your hip and the other straight up. Bend to the side with the opposite arm reaching over head. Keep your pelvis in mid position.

(2) Stand straight with both hands reach up to maximum and hold.



15. Lie on your back with one leg bent the other straight.

Bring the bent knee over the other leg and push your knee against the floor while reaching the other hand over the body and looking in the same direction.

You will feel the stretch in

the lower back and bottom.



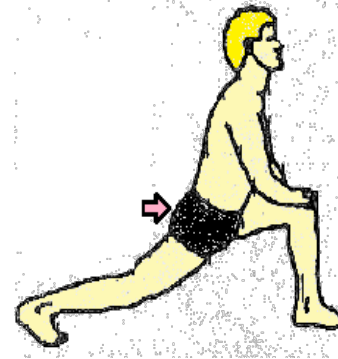
16. Sit with one leg straight and the other crossed over it. Bring your knee towards your opposite shoulder. You should feel the stretch in your buttock.



17. Lying on your back.

Lift your leg towards your chest. Place your hands behind your knee.

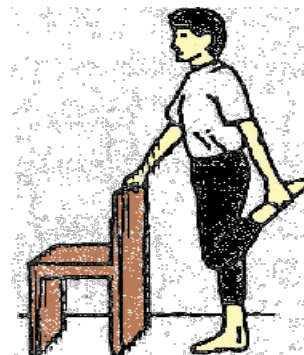
Gently pull your leg towards your chest. Feel the stretch behind your thigh. Then repeat with other leg.



18. Stand in a wide walking position.

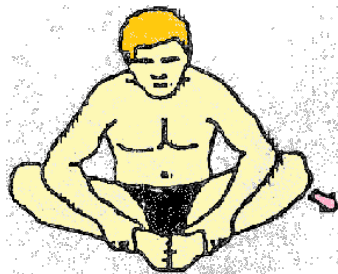
Put both hands on the knee in front of you and keep the other knee straight. Push your hips forward and down keeping your back straight.

You should feel the stretch in the front of your hip and thigh on the straight leg.

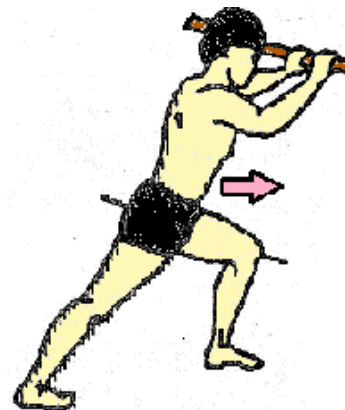


19. Stand, holding onto a support and bend a knee.

Don't lock the knee that you are standing on, Hold the opposite arm to the opposite knee. Draw your heel toward your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh.



20. Sit on the floor with the soles of your feet together and as close to your groin as possible. Push your knees towards the floor. You will feel the stretching on the inside of your thighs.



24. Stand in a walking position with the leg to be stretched straight behind you. Take support from a wall or chair. Lean body forwards until you feel a stretch in the calf of the leg. Then repeat for other leg.



21. Sitting on a chair with your foot on the opposite knee. Gently push the other knee towards the floor.



25. Stand in a walking position with the leg to be stretched straight behind you. Hold onto a support. Bend the leg to be stretched and let the weight of your body stretch the calf without lifting your heel off the floor. Stretch the other leg.



22. Stand with the leg to be stretched on a footstool. Flex your ankle and push the heel towards the footstool keeping your leg straight. After holding, bend your upper body forwards from your hips keeping your back straight. You should feel the stretch behind your knee and thigh.



23. Sit on a chair. Cross the ankle to be stretched over the other knee. Place your hand on top of your foot and stretch your ankle. (Point toes) Feel the stretch in your shin.



Always relax after stretching!

Hold stretches for 20 - 30 seconds!