

# SWIM LIVERPOOL GROUP 1 WARM UP ROUTINE

**ARE YOU STANDING WITH GOOD POSTURE?**



Head forward  
Pelvis tucked

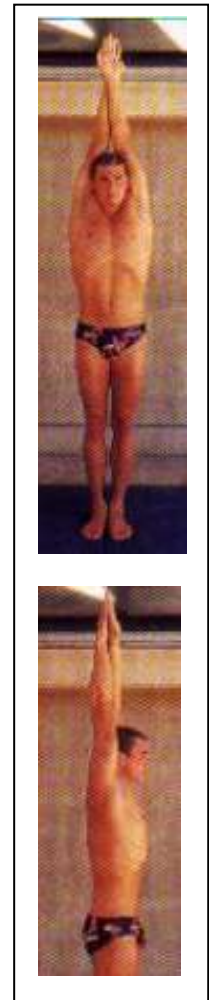
**NO!**

Chest out  
Pelvis over-tilted

**NO!**

Ear over shoulder  
Pelvis slightly tilted forward

**YES!**



**Good Posture on your back when swimming**



**Good streamlining position on your front**



**Foam Rolling  
See Separate Information Sheets**

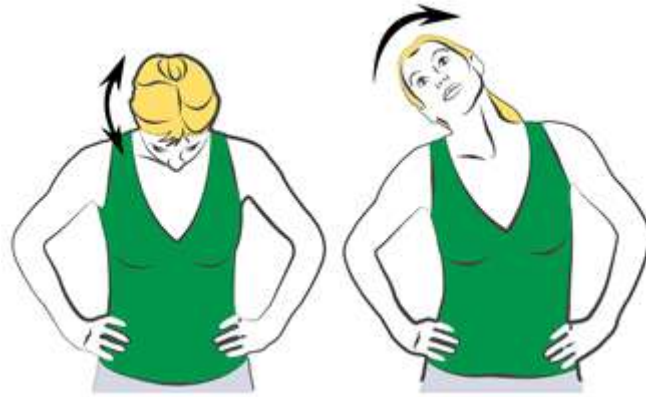


# SWIM LIVERPOOL GROUP 1 WARM UP ROUTINE

## Head Rolls

10 x

Carefully and slowly to both sides



5 x

## Forward Shoulder Rotation



## 10 x Arm Rotation



5 x

## Backward Shoulder Rotation

10 x

## Kneeling Superman's Alternating leg and hand



5 x

## Hip Thrusts



5 x

## Squads

Keep your knees apart and straight



# SWIM LIVERPOOL GROUP 1 WARM UP ROUTINE

**Lunges**  
**And**  
**5 x Lunges in Streamline Position**



**5 x 5 Second High Knee Sprints**



**5 x Counter-movement Jumps**  
**Like a squat jump but continuous, don't stop as you land**



**3 x Foot Raising**  
**10 seconds**



**2 x Single Leg Rotation to both sides**



# SWIM LIVERPOOL GROUP 1 WARM UP ROUTINE

Exercises	Additional Stroke Specific Stretches	
<p><b>2 x</b>  <b>Shoulder</b>  <b>Rotation</b>                      on your side                      to each side                      with your knees                      on the floor</p>		
<p><b>3 x</b>  <b>Shoulder</b>  <b>Rotation</b>                      on Knees to                      each side</p>		
<p><b>Hold for</b>  <b>10 seconds</b></p>		
<p><b>2 x</b>  <b>Sideways</b>  <b>Lunges</b>                      To each side</p>		
<p><b>Standard</b>  <b>Plank</b>  <b>3 x 10 Seconds</b></p>		

# SWIM LIVERPOOL GROUP 1 WARM UP ROUTINE

**Plank with  
leg raising**

**3 x 10 Seconds**



**Sideways  
Plank**

**3 x 10 Seconds**



**10 x Step Ups  
with knee  
lifts and a  
straight back**

**Hold leg lifts  
for 5 seconds**



**Standard  
Mountain  
Climbers  
Continuous  
3 x 15 seconds**



**Mountain  
Climbers  
alternating  
knees to elbows  
(Slowly)  
2 sets x  
6 knee lifts**



**4 x Leg Clamb  
Exercise**

**Keep your feet  
together and  
open  
your knees only**



**Superman  
Foot Circle  
in both  
directions**

