

Great Stretches for Competitive Swimmers

+ Arm Swings

+ Twisters

+ Touch Toes (Feet Together)

+ Touch Floor (Feet Spread Wide)

+ Monkey Swings

+ Quadriceps Stretch

+ Triceps Stretch

+ Arm Across Your Chest

+ Butterfly Stretch

+ “Hollywood” Stretch

+ Knees to Chest (Laying Down)

+ Spinal Twist (Laying Down)

+ Shoulder Blade Pinches

+ Leg Swings

+ Pectoral Stretch

+ Chest Drop (Arms Against the Wall)

+ Streamline Stretch (Laying Down)

