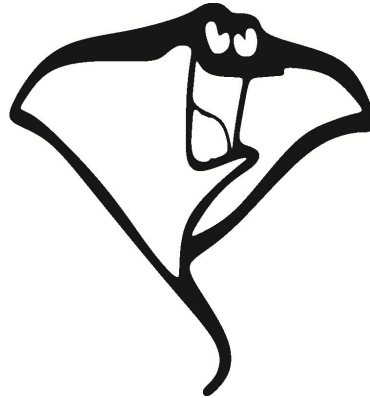




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SWIMMING

STRETCHING GUIDE

updated 12/7/20

Intervals can be adjusted as needed

Video Links provided for proper technique

Please do these properly & not quickly



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3 Sets of 20 – Rest 1:00 in between exercise

Band Open Door/Close Door <https://youtu.be/N9gj06pwp68>

3 rounds :20 on/ :10 off

- Cross-Body Shoulder Stretch <https://youtu.be/gNFlywcT4Bs>
- Overhead Triceps and Shoulder Stretch <https://youtu.be/kqnua4rHVVA>
- Elbow Out Rotator Cuff Stretch starts at 1:29 of video
<https://www.youtube.com/watch?v=luoiGpT4PJ8>

In between each as active rest do Round Arm circles

<https://youtu.be/bP52FXTIzjA>

2 sets :30 on/ :10 off

- Seated Spinal Twist <https://youtu.be/ciGK6HyYqV4>
- Butterflies <https://youtu.be/H4xIlnh59qA>
- Pigeon pose - Elbows to Ground <https://youtu.be/FVIX5HNKamw>
- Cat Cow Pose and Cat Arch <https://youtu.be/kqnua4rHVVA>
- Cobra <https://youtu.be/Aa6zdmje-c4>
- Down dog <https://youtu.be/JmW6Ofblhtk>

Bands can be purchased at 5 Below or Amazon for low cost.