

10-15 Minutes Prior To Pool Workout

Shoulder Warm-up

-Hand Pulses 1X Slow, 1X Fast

- 1.) Behind the head
- 2.) In front of chest
- 3.) Down Torso

Circle Rotations (small circles)

-Front & Back – Thumbs backward, thumbs forward

Push-up Position – Alternate touching hand to hand (Make sure body is in line)

Plank to Pushup – Position one arm at a time (body position)

All-Fours – knee tuck to chest, then back and up

Fire Hydrant – same as all fours, but to the side like a dog urinating

Shooting Position pulses - L & R arm

Plank Exercise – 30 seconds each – Normal, Right, Normal, Left, Normal

100 Pushups – 4X25 or 5X20 (30 seconds rest in between)