

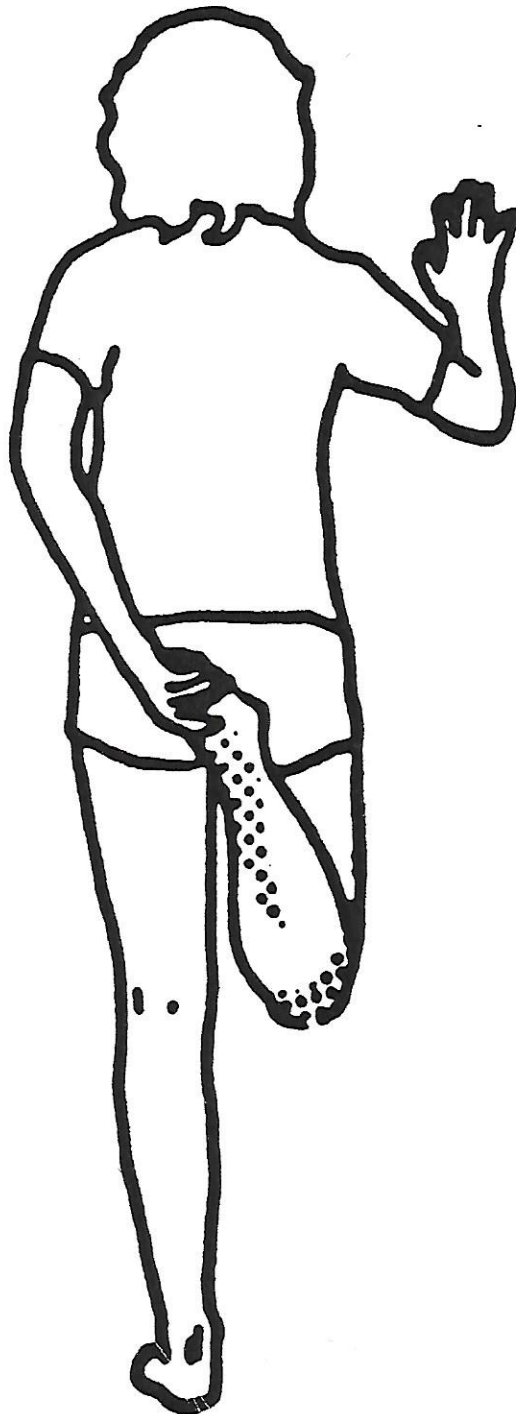
## **STRETCHING**

### **THE MARLIN WAY!**

- 1- When beginning a stretch, go to the point where you feel mild tension.**
- 2- Stretch - Don't Strain. You should feel the stretch but it should not be painful.**
- 3- Relax as you hold the stretch.**
- 4- Breathing should be natural, easy, and controlled. Never hold your breath while stretching.**
- 5- Improve your own flexibility, do not compare yourself to others.**
- 6- When stretching do each side of the body equally.**
- 7- KEY - HOLD EACH STRETCH FOR 30 SECONDS.**
- 8- Stretch at least once a day.**
- 9- Increased flexibility will improve your swim times.**

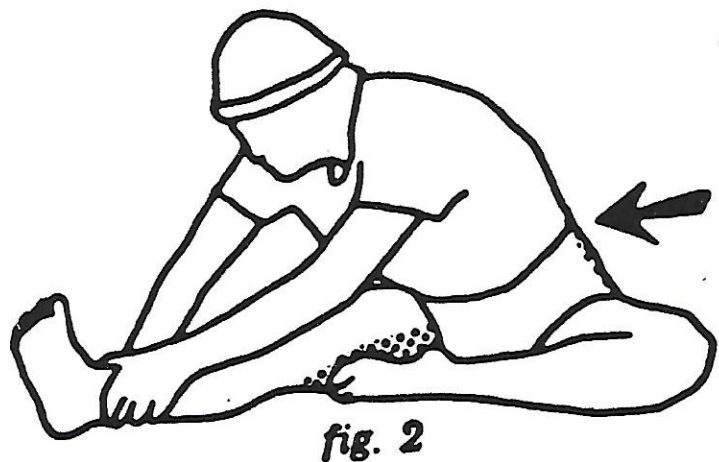
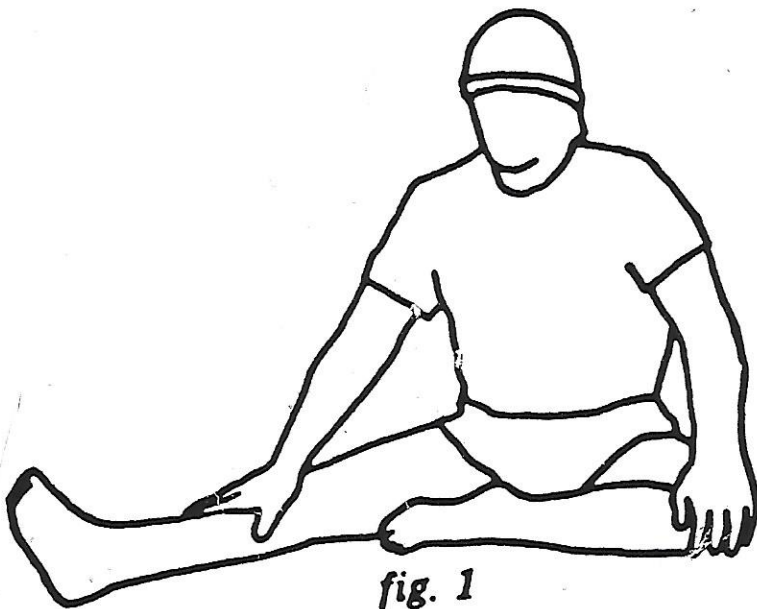
# **QUADRICEPS**

- 1- Hold the top of your right foot with your left hand.
- 2- Gently pull your heel towards your buttocks.



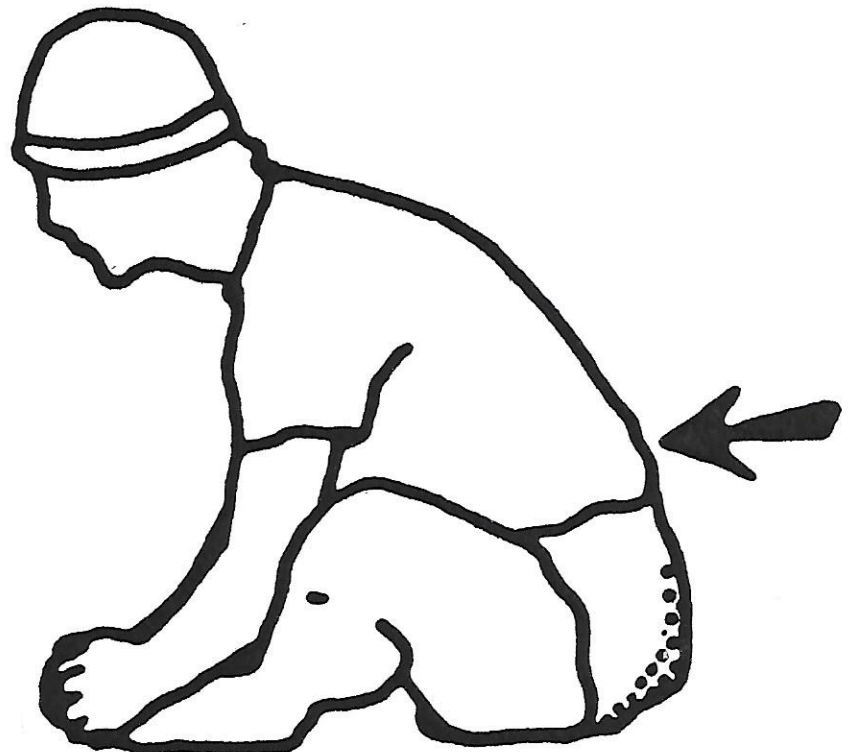
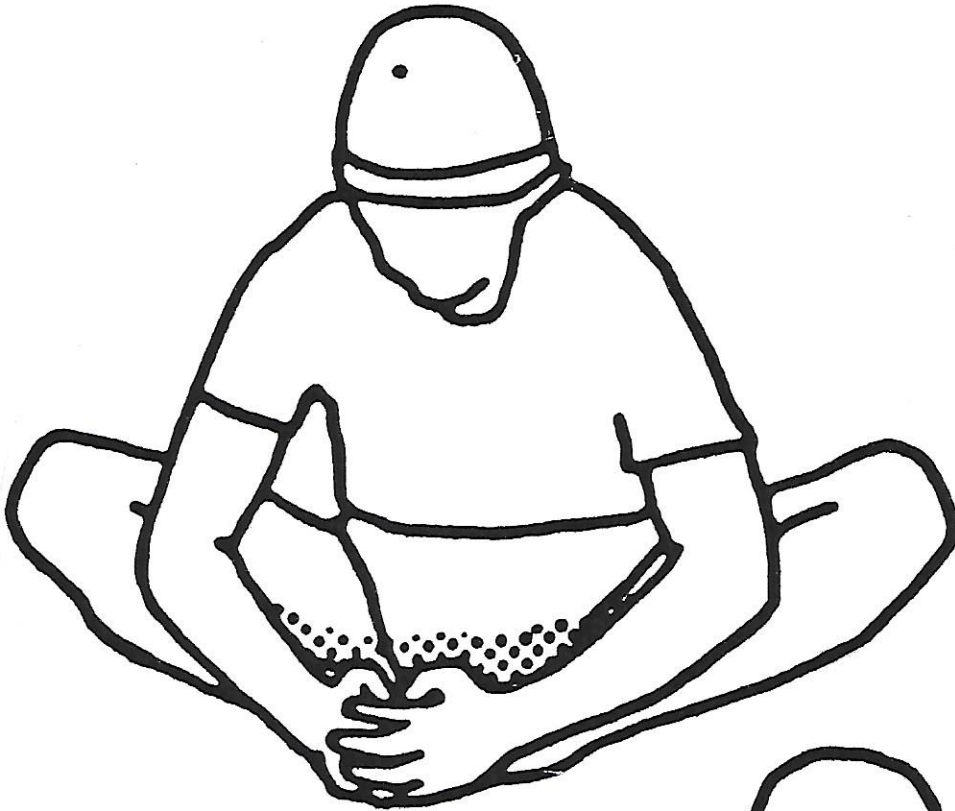
# **HAMSTRINGS**

- 1- Straighten and extend your right leg.
- 2- Place the sole of your left foot slightly touching the inside of your right thigh (fig. 1).
- 3- Slowly bend forward from the hips toward the foot of the straight leg (fig. 2).
- 4- As the stretch feeling decreases bend a bit more from the hips.
- 5- Switch legs and repeat.



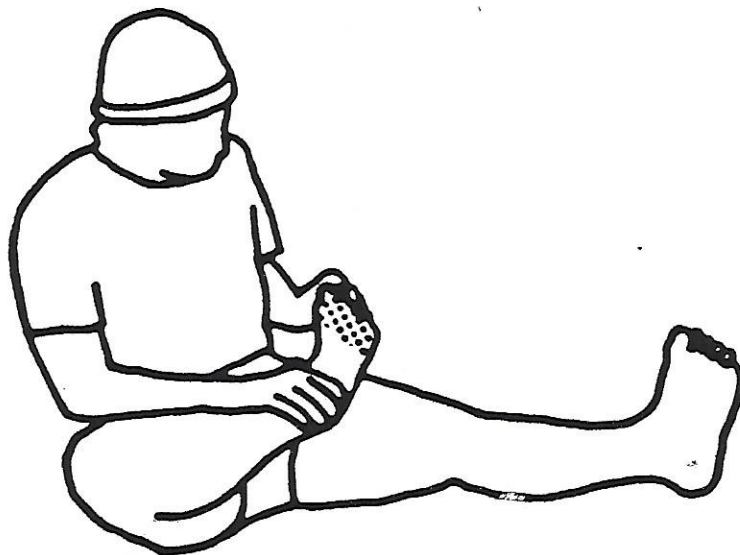
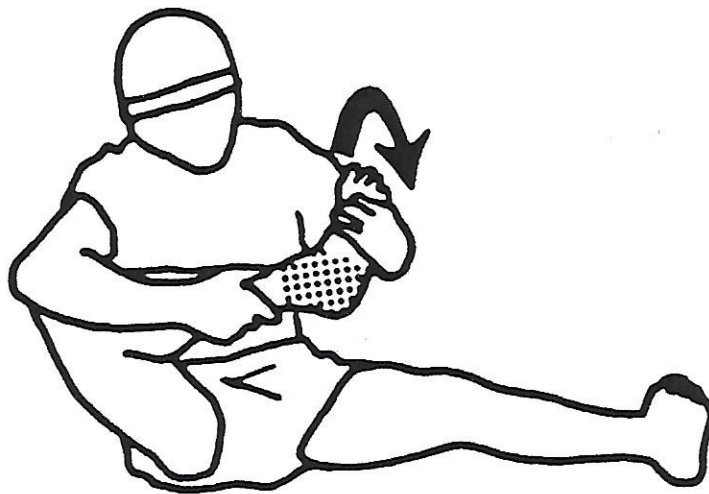
## **GROIN**

- 1- Put the soles of your feet together and hold onto your toes.
- 2- Gently pull yourself forward bending from the hips.



## **ANKLE**

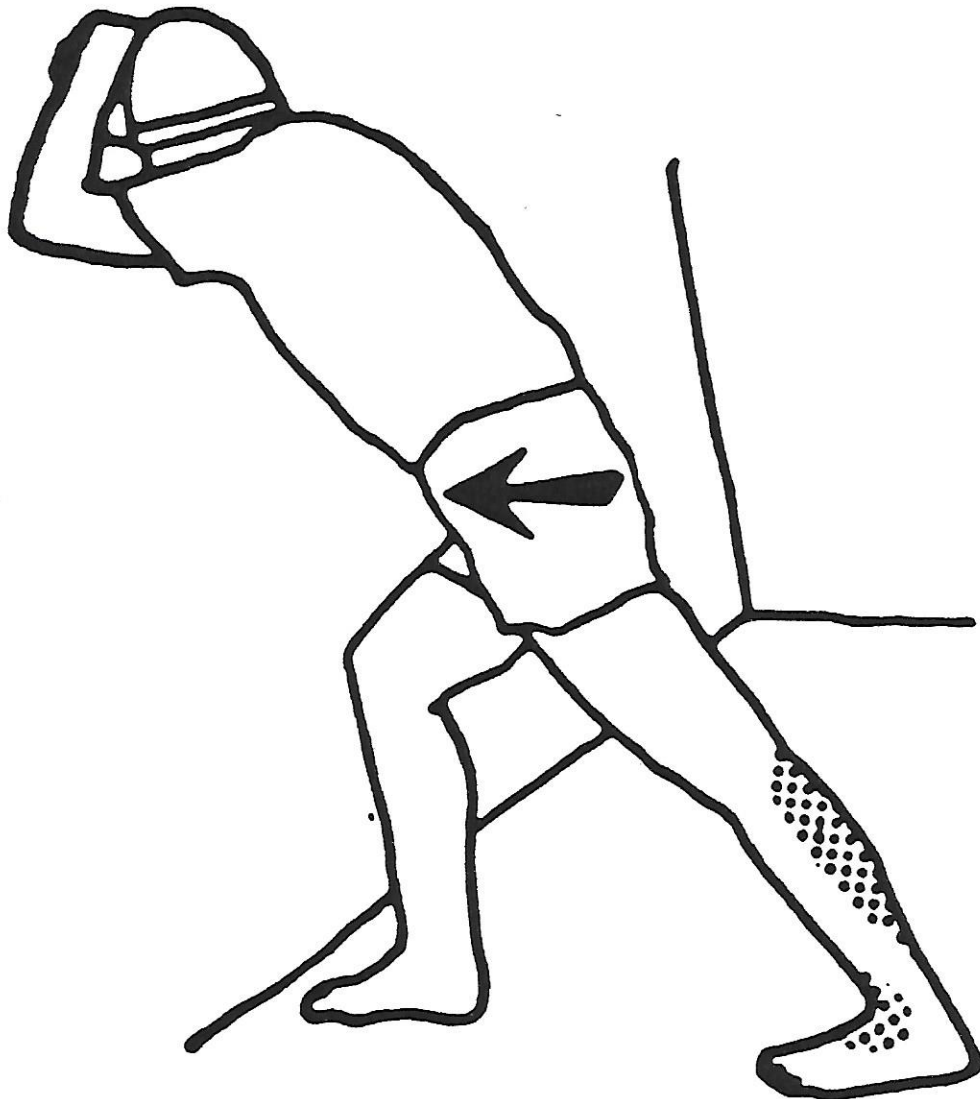
- 1- Rotate your ankle clockwise and counter-clockwise through a complete range of motion.**
- 2- Repeat 10 times in each direction.**
- 3- Next, gently pull the toes toward you to stretch the top of the foot (hold this for 30 seconds).**





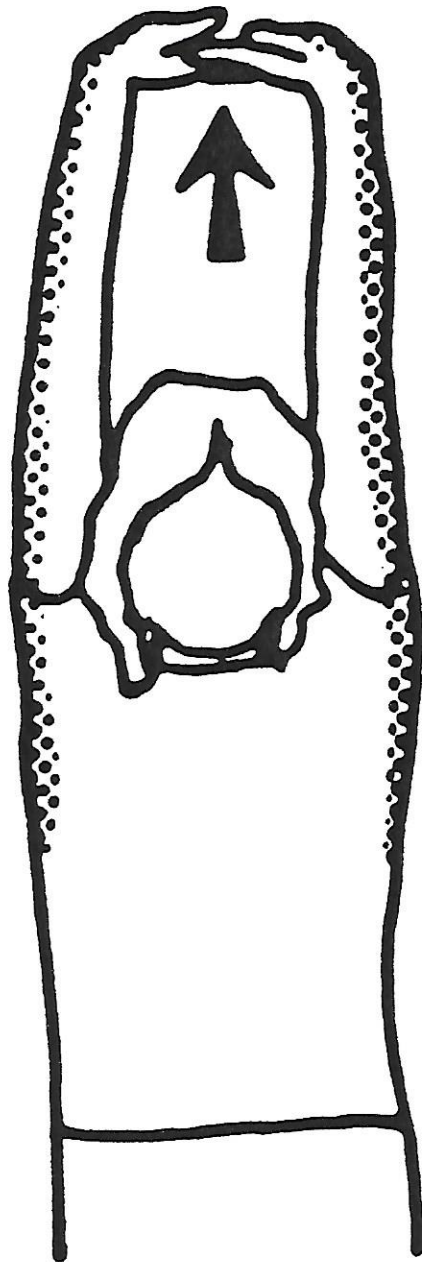
## **CALF**

- 1- Stand a little ways from a solid support and lean on it with your forearms.**
- 2- Bend one leg and place your foot in front of you.**
- 3- Place the other leg straight behind you with the heel on the ground and the toes facing forward.**
- 4- Slowly move your hips forward keeping your lower back flat.**



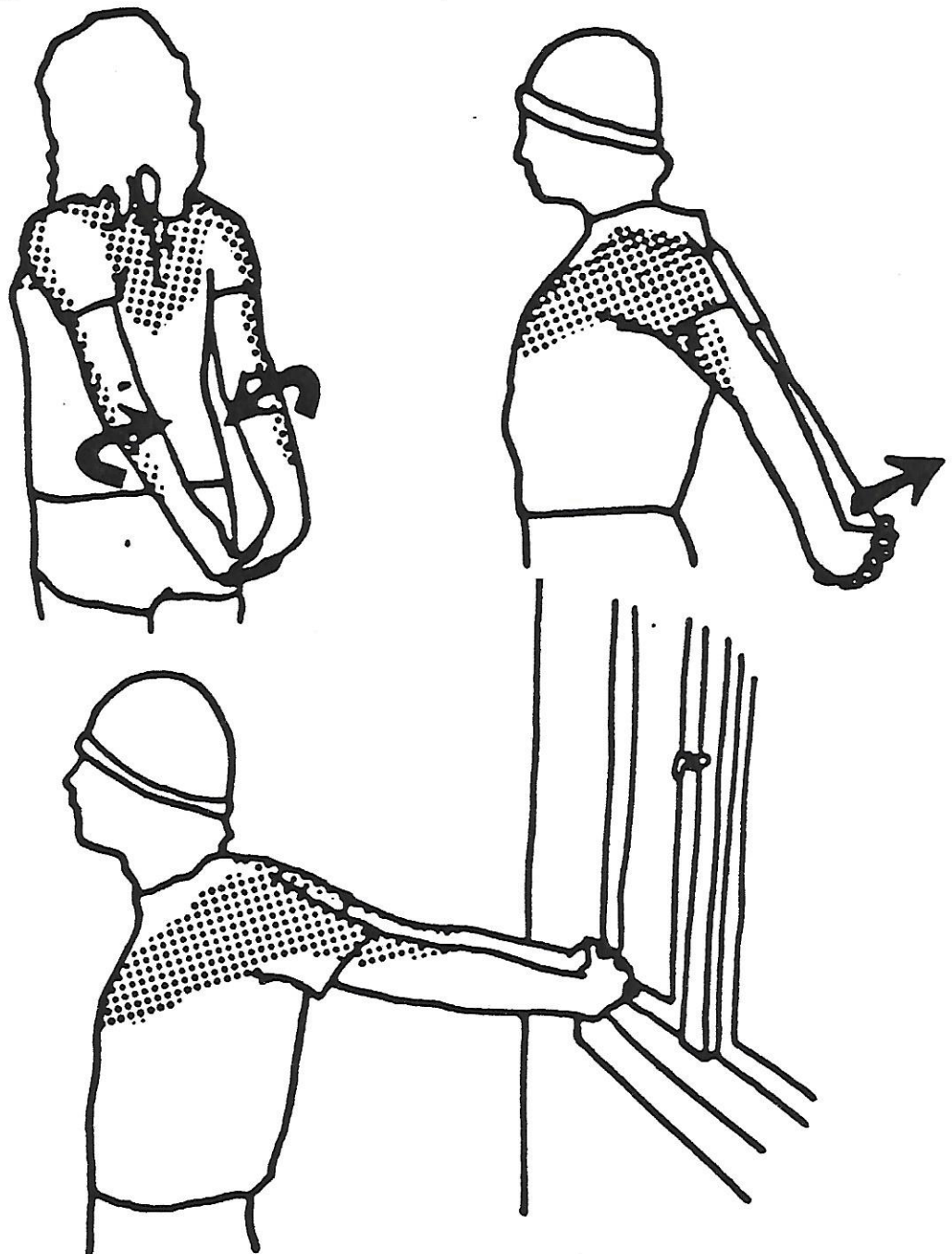
## **SHOULDERS AND ARMS**

- 1- Interlace your fingers above your head.
- 2- With palms facing upward, push your arms slightly back and up.



## **UPPER BACK AND ARMS**

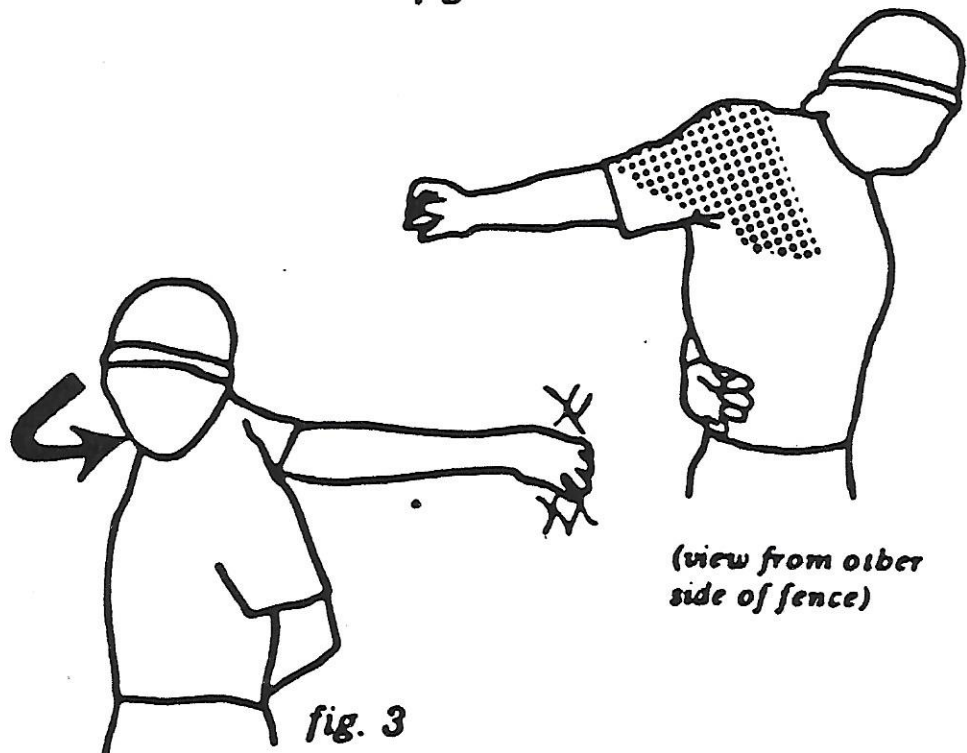
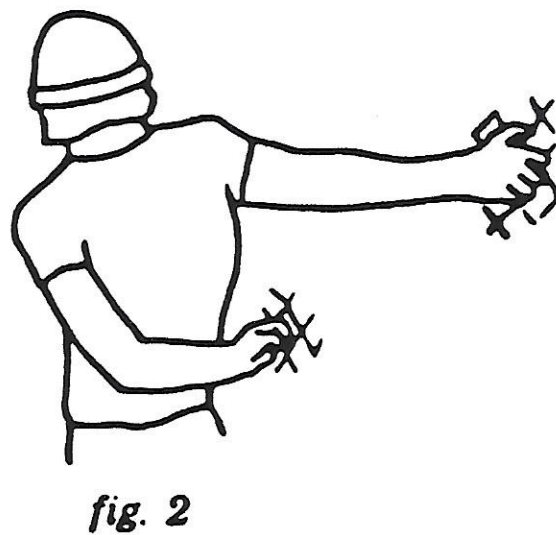
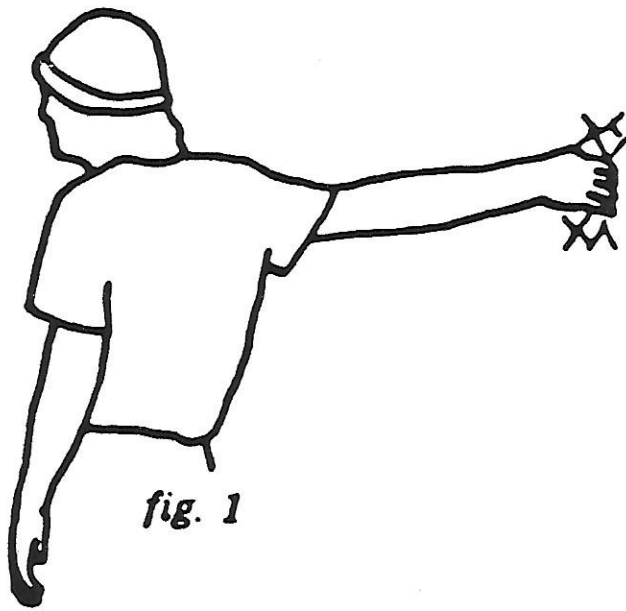
- 1- Interlace your fingers behind your back.**
- 2- Slowly turn your elbows inward while straightening your arms.**
- 3- If step 2 is easy, lift your arms up behind you.**
- 4- If step 3 is easy, rest your hands on a support and without leaning forward bend down from the knees.**





## **FRONT OF SHOULDER**

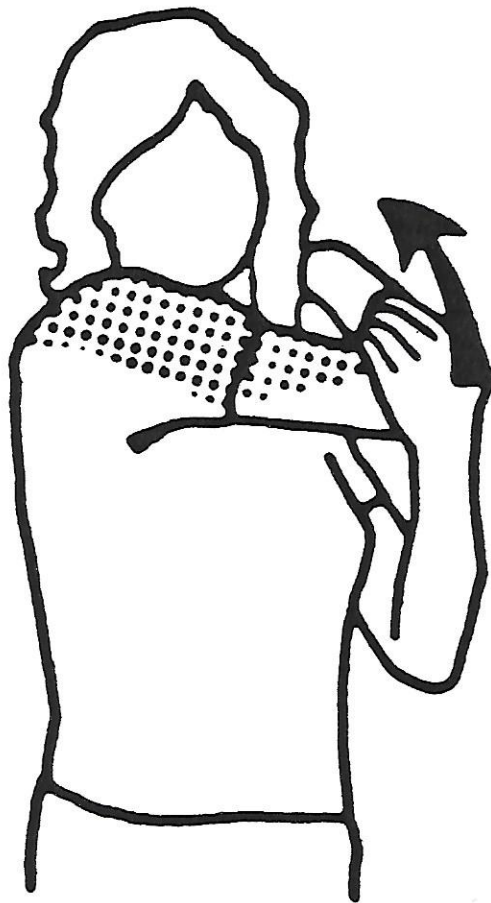
- 1- You need something to grab for this stretch.
- 2- Grab item with hand at shoulder level.
- 3- Bring your opposite arm around your back and grab the item (fig. 2).
- 4- Turn your body away from your upper arm (fig. 3).



(view from other  
side of fence)

## **UPPER BACK AND SHOULDER**

- 1- Gently pull your elbow across your chest toward your opposite shoulder.**



## **TRICEPS**

- 1- Gently pull your elbow behind your head as you bend from your hips to the side.
- 2- Keep knees slightly bent.

