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WE'LL
GET YOU
BACK IN
THE GAME

Swimmers Warm Up Program

WALK

Walk around pool for 3 to 5 minutes.

DOUBLE LEG SQUATS

With feet shoulder width apart, bend both knees to get in a squat position. Make sure that your knees are aligned with your second toe and that your bottom is back far enough so that your knees do not go past your toes. Focus on using the muscles in your bottom to push yourself back up to a standing position. 10 reps, 3 sets.

WALKING LUNGES

Step forward with your left leg into a lunge position (ankles, knees, hips, and shoulders facing forward, chest up tall). Technique is most critical. Keep the ankles, knees, hips and shoulders facing forward and careful not to let the knee/shin go in front of or past the toes.

- Arms to side x 10
- Arms overhead x 10
- Rotation with reach x 10

INCH WORMS

From a standing position, bend over and place both hands on floor bending knees slightly as needed to reach. Then walk your legs in towards your hands keeping legs straight until you feel a stretch on the back of the leg. Stop and then walk out the hands again to the push-up position. 10 reps.

BOTTOMS UP

With feet shoulder width apart, bend at the waist and put your hands on the floor. In quick repetitions, bend your knees to relax your hamstrings and then straighten them again. 10 reps, 2 sets.

HIGH KNEE

Staying on your toes, walk straight ahead and quickly bring your knees up to at least hip height. Keep shoulders, hips, knees, and ankles facing forward.

BOTTOM KICKS

Kick your heels towards your bottom. Keep your knees down and the thigh perpendicular to the ground.

ARM CIRCLES

With arms out stretched to the side parallel to the floor:

- Make small circles 10 times in each direction
- Next make medium-sized circles, 10 times each direction
- Finally, make large windmill circles, 10 times each direction.

SQUAT JUMP

Touch the ground between knees during squat then reach to ceiling while jumping. 10 reps, 3 sets.

SUN SALUTE

While standing, bring your hands together in prayer form and move them up towards the ceiling. Open your hands with palms away from you and, with elbows bent, bring your hands down to shoulder height. Make sure to squeeze your shoulder blades together on the way down. 10 reps, 2 sets.

