

Mobility for Swimming

Hands Knees rotation

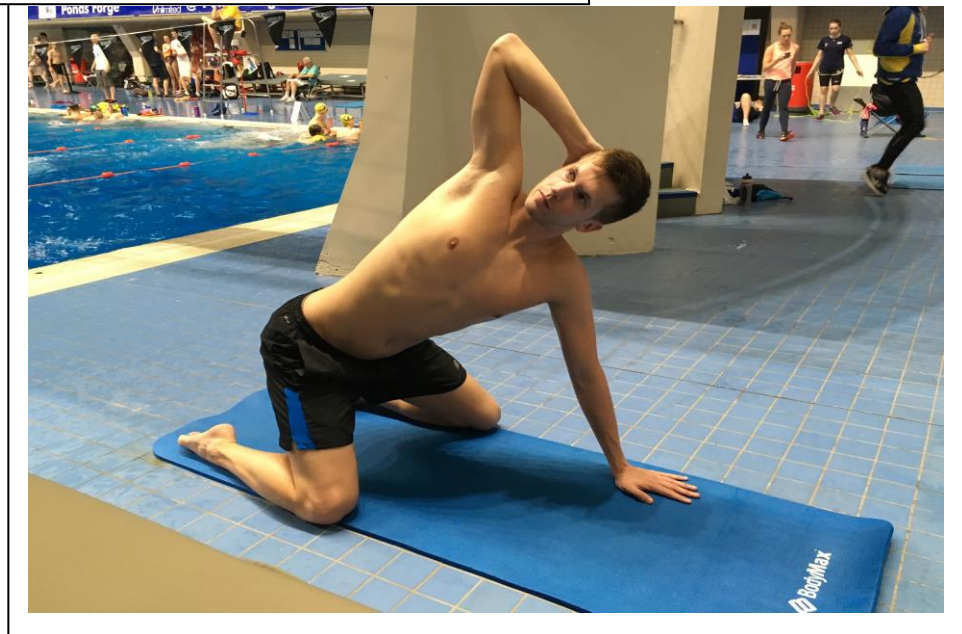
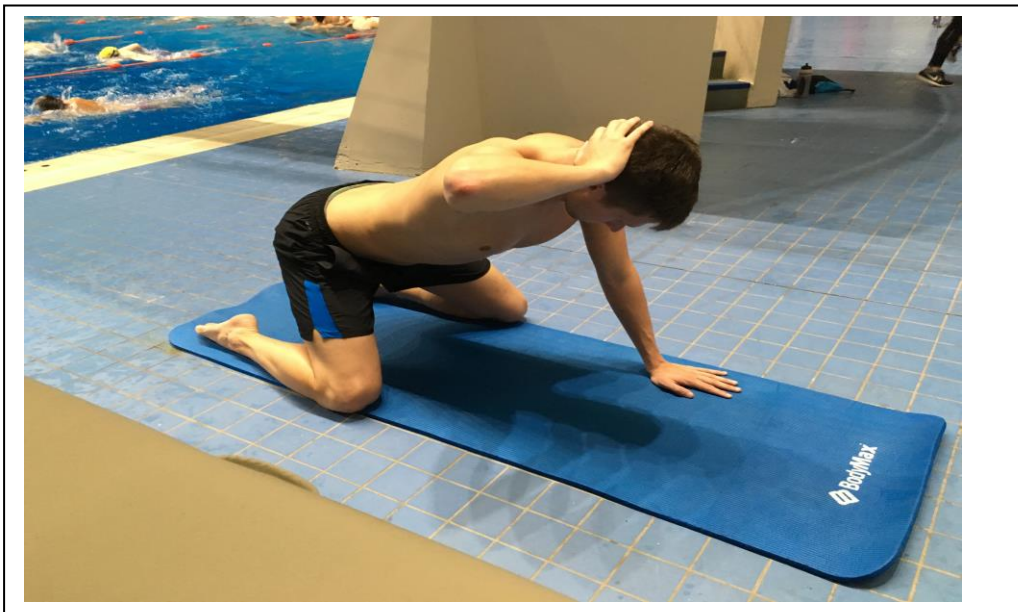
Purpose

Increase middle back (Thoracic Spine) mobility to help better streamline and stroke length

Description

- Kneel on hands and knees with a flat back (neutral position)
- Knees slightly wider than shoulder width apart
- Sit back onto your heels
- Put one hand behind your head and turn so elbow points to the sky/roof
- Hold for 1-2 seconds then turn back to neutral
- Repeat 4-6 times

Illustration



Kneeling rotation

Purpose

Increase the mobility of the back with a focus around the junction of the middle and lower back (Thoracic Lumbar spine). Improve streamline, start position and fly kick.

Description

- Kneel down on right knee with left foot on the floor in front.
- Keep tall and put hands on head.
- Turn trunk towards the side of the leading leg (left) keeping elbows in line with shoulders
- Hold for 1-2 seconds then return to facing forward
- Repeat 4-6 times then change legs and turn to the right

Illustration



Crucifix

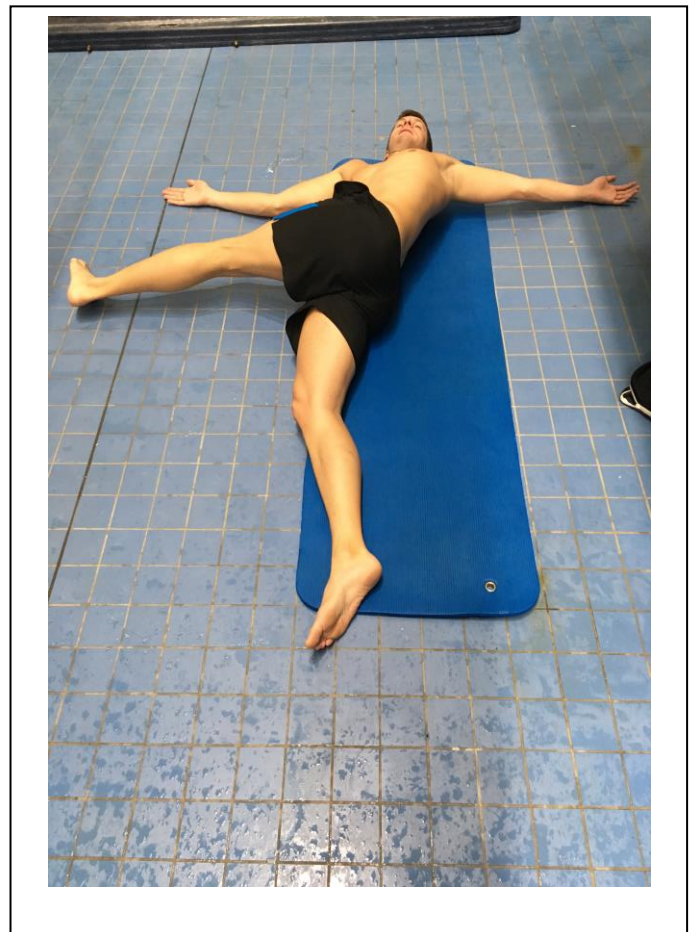
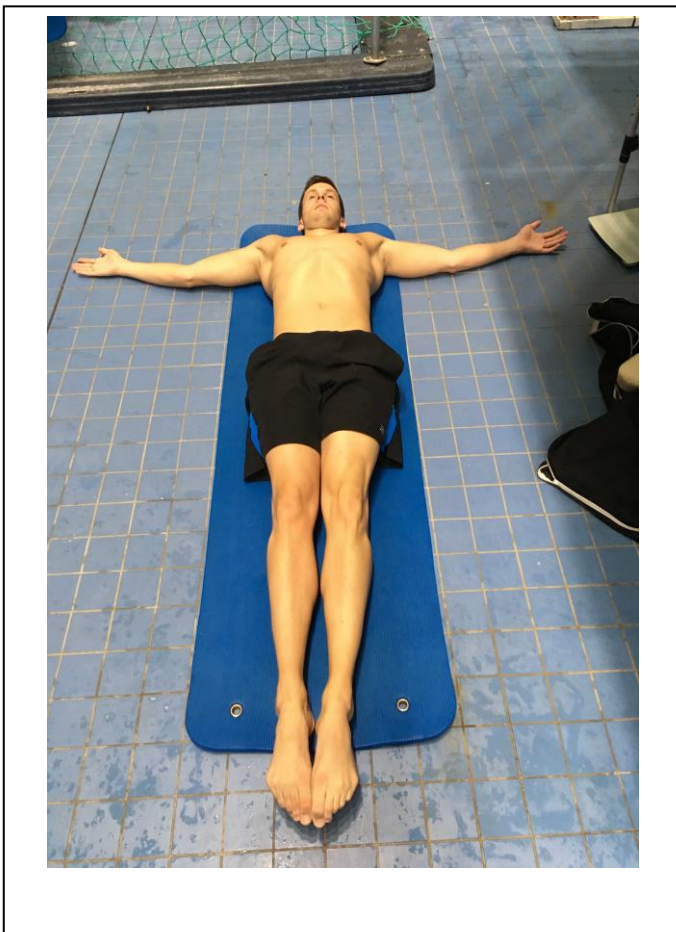
Purpose

Increase the mobility of the back with a focus around the junction of the middle and lower back (Thoracic Lumbar spine). Improve streamline, start position and fly kick.

Description

- Lie flat on back with arms out to the side
- Swing right foot and leg over body to try and touch left hand
- Keep shoulders and back as flat to the floor as possible
- Hold for 2-4secs then swing leg back to start position
- Repeat 4-6 times then change sides

Illustration



Side bend and reach

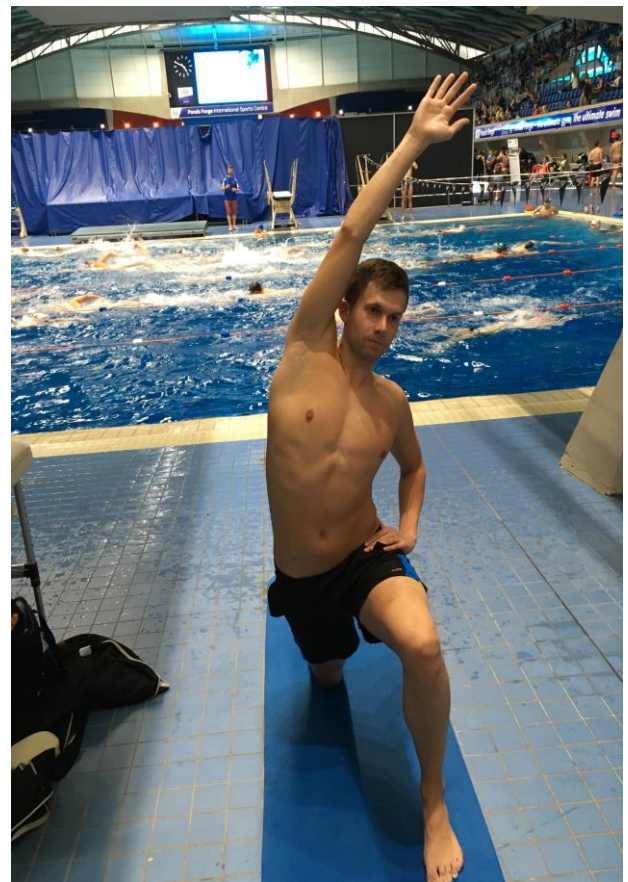
Purpose

Increase flexibility of lats and side muscles of the trunk. Helps with stroke length and hip/back mobility for all kick.

Description

- Kneel on right knee with left foot on floor in front
- Put left hand on left hip for balance
- Reach right arm up overhead as high as possible
- Then reach arm to left and bend trunk to left
- Keep as tall as possible
- Hold 2-4 seconds and return to start position
- Repeat 4-6 times and change sides

Illustration



Physio push up

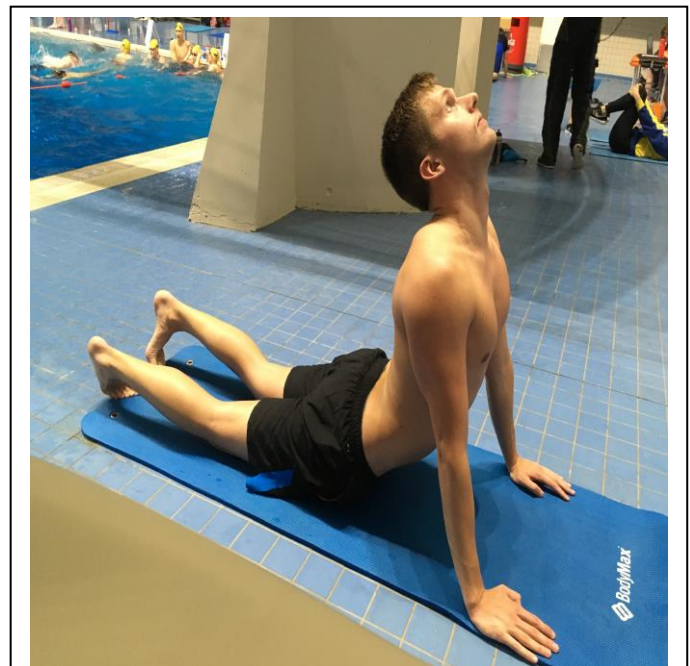
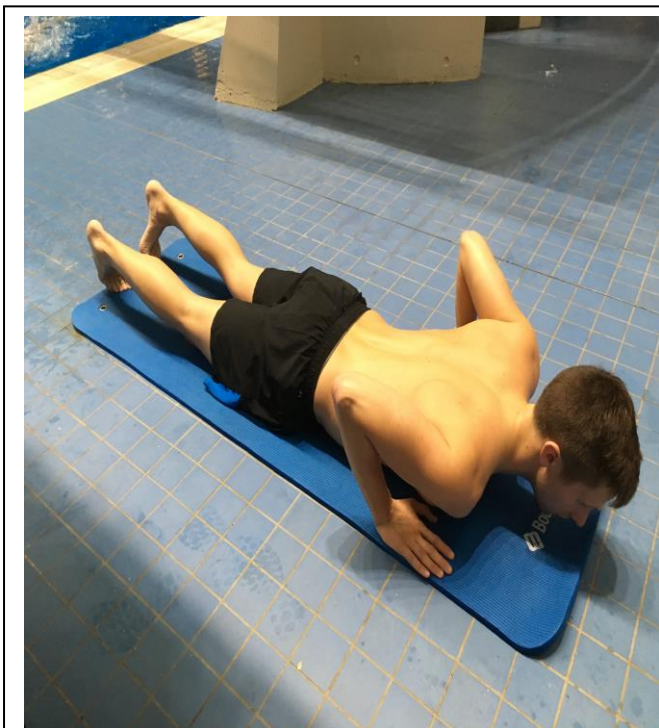
Purpose

Increase back flexibility and stretch stomach and hip muscles. Helps achieve good underwater positions and maintain a healthy back.

Description

- Lie flat on the floor
- Put hands by shoulders as if doing a push up
- Arch back by pushing arms straight
- Keep hips/pelvis and floor as much as possible
- Look up the sky/ceiling
- Hold 1-2 seconds then return to start
- Repeat 4-6 times

Illustration



Hip lunges

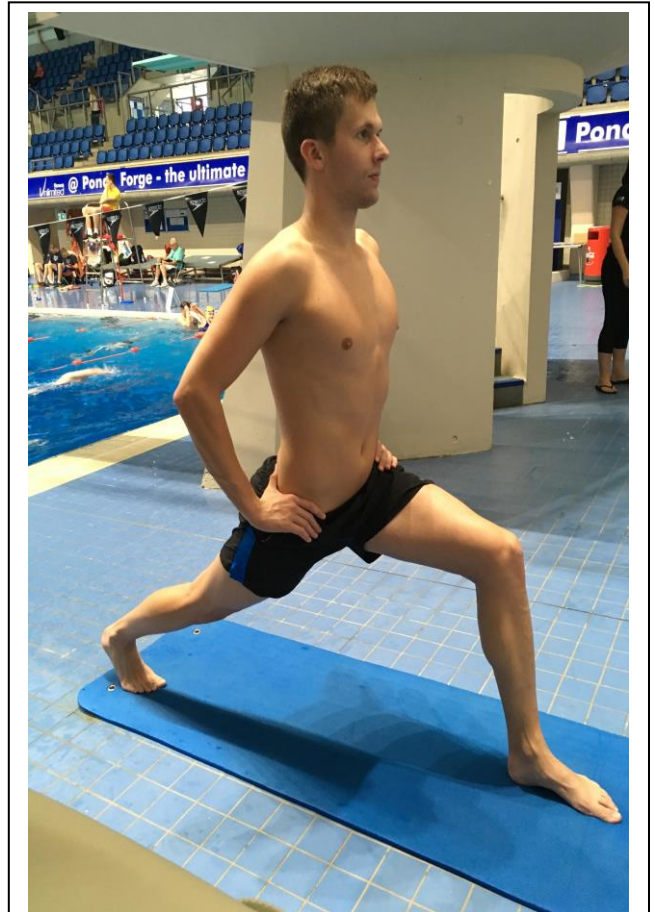
Purpose

Increase hip flexibility and prevent back pain. Also helps with kick and body position for starts and turns.

Description

- Stand with feet hip-width apart
- Step as far forward as possible with right leg into a lunge
- Keep back knee (left) as straight as possible
- Keep shoulders over hips and trunk as tall as possible
- Hold for 1-2 seconds and return to start
- Repeat 4-6 times and change legs

Illustration



Sit and reach

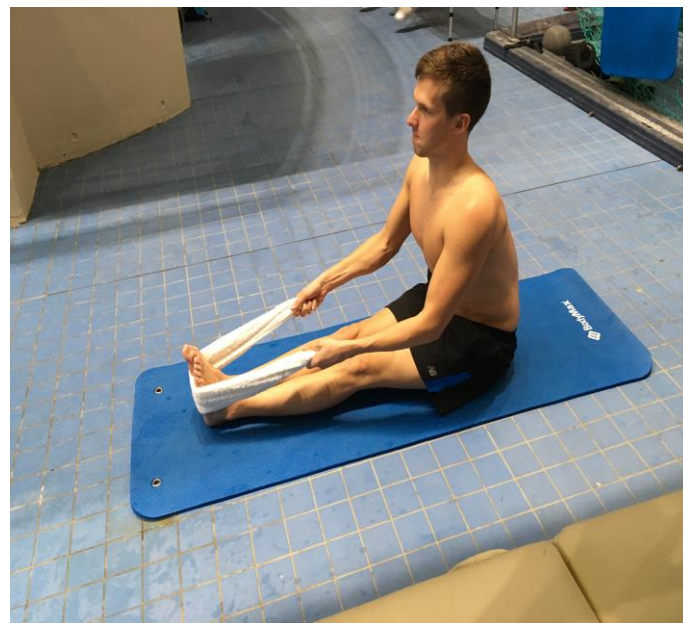
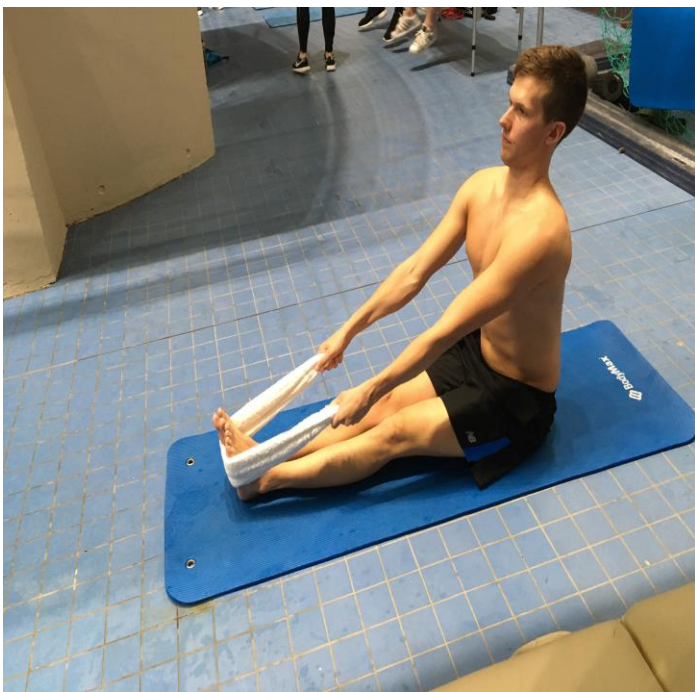
Purpose

Increase hamstring length. Helps prevent back pain and achieve good start position

Description

- Sit on floor with legs straight out in front
- Keep trunk as tall as possible.
- Reach forwards to try and touch toes
- Try to keep back straight
- Use a towel around feet to pull on if needed
- Hold for 4-6 seconds and return to sitting upright
- Repeat 4-6 times

Illustration



Wall streamline

Purpose

Increase middle back and shoulder flexibility to help maintain good streamline

Description

- Stand with back flat against a wall
- Place feet one foot-length away from the wall.
- Place back of the hands together
- Keeping elbows straight and hands together raise arms above head
- Do not allow elbows to bend or hands to separate
- Hold for 2-4 seconds and return to start
- Repeat 4-6 times

Illustration



Snow angels

Purpose

Increase shoulder and chest flexibility to maintain good streamline and stroke length

Description

- Lie flat on back
- Place hands by hips on the floor palms facing up
- Keep arms and elbows straight
- Slide both hands along the floor to the side and overhead
- Keep hands in contact with the floor at all times
- Hold overhead for 1-2 seconds and hands to side
- Repeat 10 times
- Turn hands palm down and repeat same movement for another 10 repetitions

Illustration

