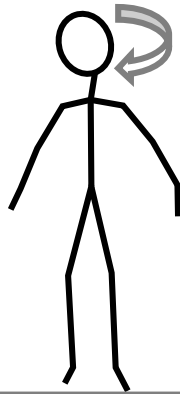


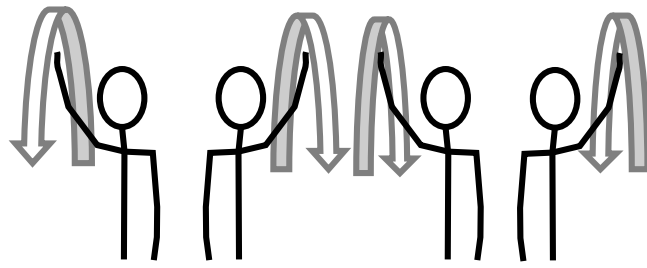
Flexibility exercises before swimming

- It is important to do these flexibility exercises at least 10 minutes before you swim so that you don't pick up any injuries during training.
- Start at the top with your head and work down so you don't forget any.
- Do each exercise gently so that you can slowly warm up your muscles

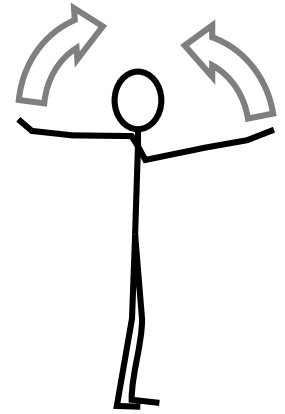
Head - roll 10 times in each direction



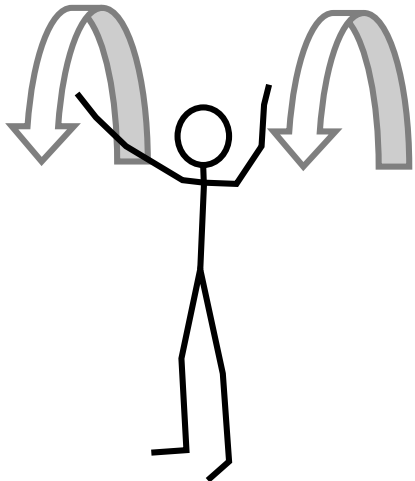
Arm swings - swing each arm around forward 10 times, then backward 10 times.



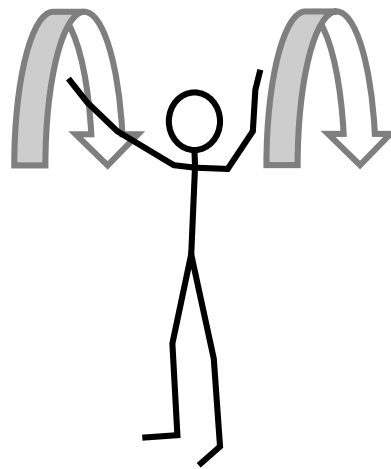
Both arms - swing in opposite directions.



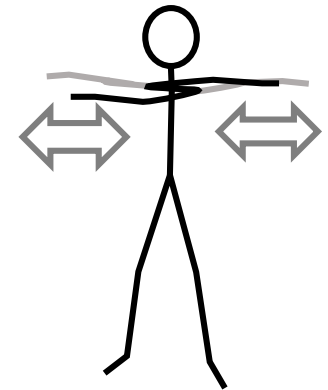
Swing arms **forwards** as you would do in fly.



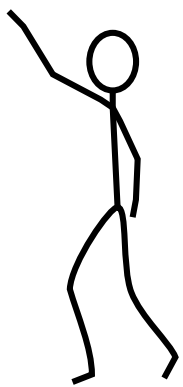
Swing both arms **backwards**.



Both arms swinging backwards, 10 times.



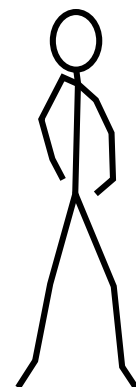
Spotty dogs, 10 times



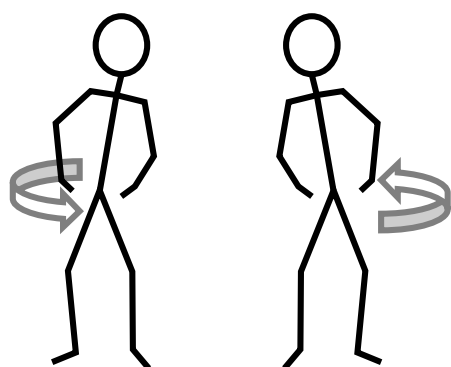
Side stretches, 10 times in each direction



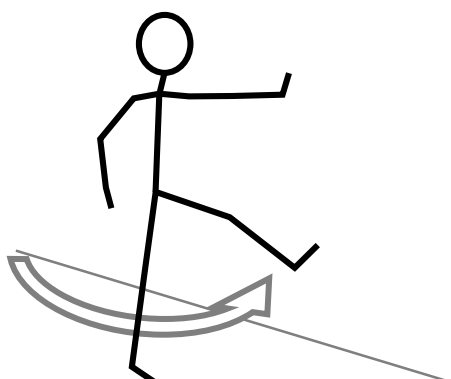
Body twists, 10 times in each direction.



Hula hoops, both ways



Leg swings, both legs



Ankle rolls, both legs

