

Flexibility Exercises

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints.

Swimming will use more or less every muscle in the body. It is therefore, important that we look after them.....we need to stretch!

The stretches below should be performed after an exercise session when the body is fully warm, at the end of a training session or after competition.

There are a few basic rules that should be followed when stretching:

- You should be thoroughly warmed up before performing these exercises
- Stretch to just before the point of discomfort
- Hold each stretch for 10-30 seconds
- If tightness intensifies or you feel pain stop the stretch
- Shake out limbs between stretches
- Complete 2-3 stretches before moving onto the next exercise

Shoulder & Chest

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.



Arm Across Chest

Place one arm straight across chest. place hand on elbow and pull arm towards chest and hold. Repeat with other arm.



Triceps Stretch

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



Glute Stretch

Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.



Adductor Stretch

Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.



Single Leg Hamstring

Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.



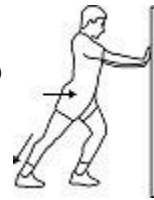
Standing Quadriceps

Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.



Standing Calf

Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.



These stretches should be performed every day, is doesn't take long and it will benefit you in the long term!