

## Poolside Mobilisation and Blood Flow Exercises Prior to Pool Warm Up

### Notes:

- All swinging of joints must start slow and gradually build speed (especially prior to morning training when the joints/ muscles have been resting over night).
- The synovial fluid around the joints then becomes less viscous allowing the joints to move more freely and flexibly.
- As the swinging occurs from the joints it will steadily stretch the muscles connected to the joints to a pre-exercise or race state.
- As the muscles are stretching and the joints moving this will increase blood flow to the muscles in order to work for exercise or racing.
- Work your way down the body.
- Always stand in a neutral posture when performing exercises, (no locked knees or hips)
- Perform each exercise 8-12 times minimum

### Exercises:

	<u>Area</u>
1. Ear to Shoulder dips	Neck, Cervical Spine
2. Monkey Hugs (hug into crucifix position)	Chest, Shoulder
3. Monkey Swings (alternately SWINGING hands from hip to opposite shoulder blade)	Shoulder, Elbows
4. Arm Rotations (1 arm forwards, 1 arm backwards)	Shoulders
5. Trunk Rotations (rotate torso side to side)	Thoracic Spine & Abdominals
6. Lateral Dips (feet apart hands reach down below knee from side to side)	Lumbar Spine, Oblique's
7. Forwards and Backwards Leg Swings	Hips and Knees
8. Abduction and Adduction Leg Swings (out to the side & accross)	Hips
9. Heel flicks to Bottom	Knees
10. Toe and Heel Taps (tap heels and toes on the floor in front)	Ankles