

## Stretches for Swimming

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat. **Download “Warm-up/Cool-down Routine.”**

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

### **Stretch #1, Assisted Reverse Shoulder Stretch is for the muscles of the Shoulders**

Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Keep your arms straight and slowly lower your entire body .



### **Stretch #2, Single Lean-back Quad Stretch is for the muscles of the Quadriceps**

Sit on the ground, bend one knee and place that foot next to your buttocks. Then slowly lean backwards

### **Stretch #3, Back Arching Stomach Stretch is for the muscles of the Stomach**

Sit on a Swiss ball and slowly roll the ball forward while leaning back. Allow your back and shoulders to rest on the ball and your arms to hang to each side.



**Stretch #4, Elbow-out Rotator Stretch is for the muscles of the Shoulders**

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward .



**Stretch #5, Seated Partner Assisted Chest Stretch is for the muscles of the Shoulders**

Sit on the ground and have a partner stand behind you. Reach behind with both arms and have the partner further extend your arms.

**Stretch #6, Standing Lean-back Stomach Stretch is for the muscles of the Stomach**

Stand upright with your feet shoulder width apart and place your hands on your buttocks for support. Look upwards ; slowly lean backwards at the waist.



**Stretch #7 Arm-up Rotator Stretch is for the muscles of the Shoulders**

Stand with your arm out and your forearm pointing upwards at 90 degrees. Place a broom stick in your hand and behind your elbow. With your other hand pull the bottom of the broom stick forward.

**Stretch #8, Arm-down Rotator Stretch is for the muscles of the Shoulders**

Stand with your arm out and your forearm pointing downwards at 90 degrees. Place a broom stick in your hand and behind your elbow . With your other hand pull the top of the broom stick forward.



**Stretch #10, Reaching-up Shoulder Stretch**  
**is for the muscles of the Shoulders**

Place one hand behind your back and then reach up between your shoulder blades.



**Stretch #11, Standing Lean-back Side**  
**Stomach Stretch, is for the muscles of the**  
**Stomach**

Stand upright with your feet shoulder width apart and place one hand of your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.

**Stretch #12, Assisted Reverse Shoulder**  
**Stretch is for the muscles of the Shoulders**

Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Keep your arms straight and slowly lower your entire body .



**Stretch #13, Bent Arm Shoulder Stretch is**  
**for the muscles of the Shoulders**

Stand upright and place one arm across your body . Bend your arm at 90 degrees and pull your elbow towards your oppositesoulder.

**Stretch #14, Kneeling Reach Forward**  
**Stretch, is for the muscles of the Upper**  
**Back**

Kneel on the ground and reach forward with your hands. Let your head fall forward and push your buttocks towards your feet.



**Stretch #14, Reaching Shoulder Stretch is for the muscles of the Shoulders**

Sit in a squatting position while facing a door edge or pole, then hold onto the door edge with one hand and lean backwards away from the door.



**Stretch #15, Rotating Wrist Stretch is for the muscles of the Forearms & Wrists**

Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.



**Stretch #16, Single Heel-drop Calf Stretch is for the muscles of the Upper Calves**

Stand on a raised object or step. Put the toes of one foot on the edge of the step and keep your leg straight. Let your heel drop towards the ground.



**Stretch #17, Reverse Shoulder Stretch is for the muscles of the Shoulders**

Stand upright and clasp your hands together behind your back. Slowly lift your hands upward.