

### 1 Raise your TEMPERATURE

Get warm, raise heart rate and wake the body up.

**COMPLETE:** 2-3 MOVEMENTS - PERFORM 20-30 SECONDS

#### STATIC JOGGING

LIGHT JOG ON THE SPOT

- Stand tall
- Stay light on your feet
- Find a relaxed rhythm



**FOCUS:** Rhythm & Coordination

#### HEEL FLICKS

FLICK HEELS BEHIND YOU

- Flick heels towards glutes
- Stay light on your feet
- Keep a quick, relaxed rhythm



**FOCUS:** Leg Rhythm

#### JUMPING JACKS

MOVE ARMS AND FEET TOGETHER

- Jump feet out and in
- Reach arms overhead
- Land softly with control



**FOCUS:** Whole-Body Coordination

#### POGO JUMPS

SMALL ANKLE BOUNCES

- Bounce through your ankles
- Keep legs long
- Land quietly



**FOCUS:** Reactive Ankles

### 2 Mobilise your JOINTS

Move more freely with better control.

**COMPLETE:** 2-4 MOVEMENTS - PERFORM 6-10 CONTROLLED REPETITIONS

#### WALL SLIDES

SLIDE ARMS UP THE WALL

- Keep arms against wall
- Slide hands overhead
- Stay tall

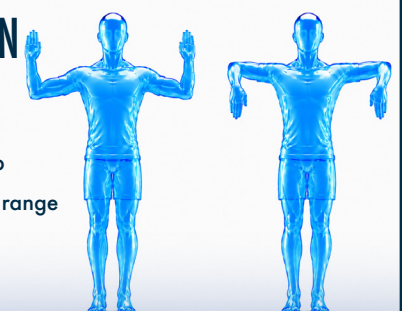


**FOCUS:** Shoulder Mobility

#### SHOULDER ROTATION

ROTATE SHOULDERS WITH CONTROL

- Elbows stay level
- Rotate forearms down and up
- Move smoothly through your range



**FOCUS:** Shoulder Control

#### HIP LATERAL LUNGES

STEP SIDWAYS INTO A LUNGE

- Step out to the side
- Sit hips back
- Keep chest tall



**FOCUS:** Hip Mobility

#### HIP FLEXOR LUNGES

SPLIT STANCE HIP OPENER

- Step into split stance
- Lower under control
- Keep hips level

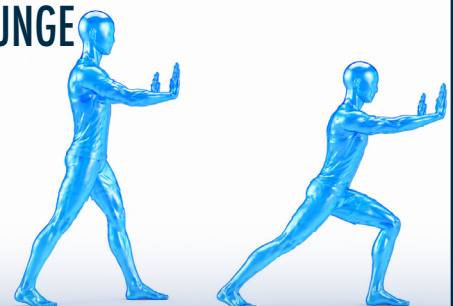


**FOCUS:** Hip Mobility

#### CALF STRETCH LUNGE

STRETCH THROUGH THE CALF

- Keep heel down
- Feel a light stretch
- Keep chest tall



**FOCUS:** Ankle Mobility

#### SET UP FOR SUCCESS - Potential issue » Better solution



##### TOO LITTLE SPACE

Use more on-the-spot movements and reduce travelling movements.

##### WET OR SLIPPERY POOLSIDE

Avoid bigger jumps or fast direction changes on wet or crowded poolside.

##### LOST BALANCE OR CONTROL?

Slow it down, reset and focus on strong shape.

##### TOO MUCH TOO SOON

Build warm-up in the correct order: 1 » 2 » 3 » 4 » 5

##### UNCONTROLLED MOVEMENT

Focus on quality before speed.

### 3 Activate your MUSCLES

Switch on the muscles needed for good position and control.

**COMPLETE:** 2-4 MOVEMENTS - PERFORM 6-10 CONTROLLED REPETITIONS

#### SIDE LYING CLAMS

LIFT TOP KNEE SLOWLY

- Keep feet together
- Open top knee
- No rolling backwards

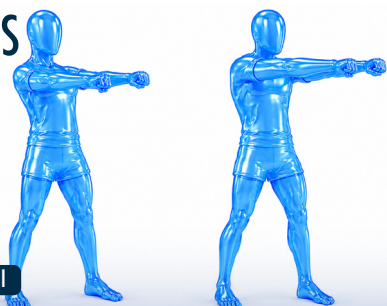


**FOCUS:** Hip Control

#### FORWARD PUNCHES

REACH HANDS FORWARD

- Arms stay straight
- Reach hands forwards
- Return slowly



**FOCUS:** Shoulder Blade Control

#### GLUTE BRIDGE

LIFT HIPS FROM THE FLOOR

- Push through feet
- Lift hips level
- Lower slowly



**FOCUS:** Glute Activation

#### SUPERMAN ARMS

REACH ONE ARM FORWARD

- Reach one arm forwards
- Chest facing floor
- Hips stay level



**FOCUS:** Trunk Stability

#### SUPERMAN LEGS

REACH ONE LEG BACK

- Reach one leg backwards
- Keep hips level
- Stay controlled



**FOCUS:** Hip Stability

### 4 Prime your MOVEMENT

Sharpen movement and get ready to move faster.

**COMPLETE:** 2-3 MOVEMENTS - PERFORM 6-10 CONTROLLED REPETITIONS

#### BOX PUSH UPS

PUSH FROM AN ELEVATED SURFACE

- Keep body long
- Lower under control
- Push away strongly

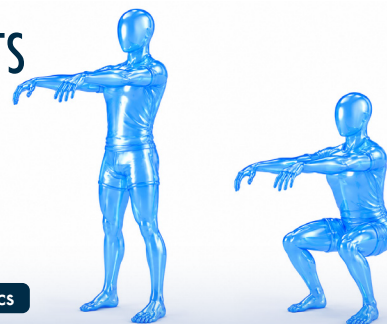


**FOCUS:** Push Strength

#### ZOMBIE SQUATS

SQUAT WITH ARMS FORWARD

- Reach arms forwards
- Sit hips down
- Knees track forwards

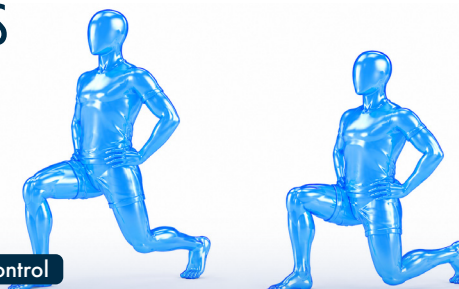


**FOCUS:** Squat Mechanics

#### SPLIT SQUATS

LOWER STRAIGHT DOWN

- Lower straight down
- Keep chest tall
- Front foot flat

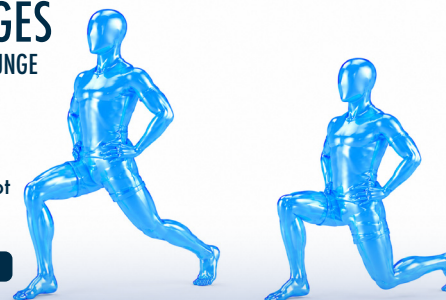


**FOCUS:** Single-Leg Control

#### REVERSE LUNGES

STEP BACKWARDS INTO A LUNGE

- Step backwards
- Lower under control
- Push through front foot



**FOCUS:** Lunge Control



## THE SWIMMER'S WARM UP DECK

A guided land-based warm-up system for age group swimmers 9-13+