



POOL MOBILITY REGENERATION

CHEST FLYS

arms straight ahead, parallel to ground; shoulders under water; back of hands together; force the palms back as far as possible; rotate palms and force the arms back in front (clap palms together);

LATERAL STRAIGHT ARM RAISES

standing up straight; back of hands on sides of legs; force palms up to top of water (don't let arms come out of water), rotate palms down, force palms down to legs; rotate palms and repeat sequence

LINEAR STRAIGHT ARM RAISES

same as lateral but arms straight in front

TORSO ROTATIONS

arms straight ahead, parallel to ground; shoulders under water; palms together; sit in hips and rotate torso from side to side; arms and hips should be moved together as they are "locked" as one unit

FIGURE EIGHTS

one shoulder and arm under water pointing straight down; move the arm in a figure eight motion; repeat opposite shoulder/arm

HEEL TO TOE RAISE

body completely straight; pull toes up as high as possible (without bending at the waist); extend on toes as high as possible

HEEL TO TOE WALK

same as heel to toe raise, but 1 foot at a time and walking

HEEL WALKS

pull toes up as high as possible, keeping body straight; keeping toes up, walk on heels

STRAIGHT LEG MARCH

arms straight out (out of water); keeping chest up, kick legs up out of water up to hands; alternate legs

HEEL TO BUTT RAISE

pull left heel to butt with right hand (make kick to hand dynamic so the shoulders stay upright), extend up on right toes; down and repeat right side

LEG CRADLE

cradle left knee under left hand, left foot under right hand (so the left shin is parallel to ground); pull as high as possible while keeping chest up and thigh parallel; leg down and repeat right side

INVERTED TOE TOUCHES

take right hand down to left toe, kicking right leg as high as possible (try to get left foot out of water); repeat opposite side

FOREWARD LUNGE

lunge forward in alternating fashion

LATERAL LUNGE

step to side, sit in front hip (knee should be aligned over toe with knee and toe pointing straight forward), recover to standing upright position

DROP LUNGE

drop left leg behind right leg, trying to align left foot in same plane as right foot (in frontal plane of body); sit in hip (left knee should slide down outside of right calf), recover and repeat

DROPSTEP SQUAT

widen legs outside shoulders; feet should be pointing in opposite directions, squat as deep as possible

LINEAR LEG SWINGS

right side to wall, place right hand on the wall; keep body upright and shoulders square (parallel to ground); keep leg straight and ankle cocked, powerfully flex the hip (swing the leg up in front)

until toe comes out of water; powerfully extend the leg (back towards body) and let swing as far back as possible without letting chest drop; repeat sequence; repeat for opposite leg

LATERAL LEG SWINGS

facing wall, put both hands on wall; keep body upright and shoulders square (parallel to ground); keep leg straight and ankle cocked, powerfully abduct the leg (swing out away from body)

until the foot comes out of water; keep the toe pointing forward (not up), powerfully adduct the leg (swing back toward body) and let leg cross in front of body; repeat sequence;

DOG AND BUSH LEG SWINGS FORWARD AND BACKWARD

facing wall, both hands on top of the side of the pool; 1 powerful continuous circular motion - knee up/toe up to the side, rotate hip, snap knee forward (like foot goes over imaginary hurdle)

ROTATOR CUFF SIDE

retract w/shoulders under water; elbows at sides and at 90 degrees, rotate hands out and in

ROTATOR CUFF 90 DEGREES

retract w/shoulders under water; upper arms parallel to ground; elbows at 90 degrees; rotate hands out of water

ROTATOR CUFF ANGLED ACROSS BODY

retract w/shoulders under water; upper arm parallel to ground and across body; rotate hand out of water

ROTATOR CUFF FACE DOWN

torso and arms under water; retract (upper arms parallel to ground); elbows at 90 deg; rotate hands up

THUMBS DOWN V RAISE

retract; arms straight; bring arms in front to they form the letter "v" w/thumbs down; hands not higher than shoulders

THUMBS DOWN V RAISE - Y RAISE

same as above, but when hands get to shoulders; rotate thumbs up and out of water; finish with arms overhead in y

ANKLE CIRCLES

move foot in circles around ankle joint clockwise and counterclockwise

TOE WALKS

same as heel walks, but extend on toes and walk

STRAIGHT LEG SKIP

same as march, but snap foot down into a skip (2 touches down)

PUNCHES 90 DEGREES

hands perpendicular to ground; punch both hands forward and back; arms parallel to ground

PUNCHES STAGGERED STANCE

same as above but stand with feet staggered and punch one arm at a time with rotation

SHOULDER ROTATIONS

arms straight and parallel to ground; rotate elbow socket up and down

UPRIGHT T'S

arms straight and parallel to ground; arms start in front and move back w/ thumbs pointed back