

SWIMMING-DAILY MOVEMENT PROGRAM



SHOULDER EXTERNAL ROTATION

10 times

Step 1



Step 2



Step 3



Step 4



Step 5



PULL APART

10 times

Step 1



Step 2



Step 3



Step 4



Step 5



PRONE BACK EXTENSIONS

10 times

Step 1



Step 2



Step 3



Step 4



Step 5



SIDE PLANK

5 reps for 30 seconds

Step 1



Step 2



Step 3



Step 4



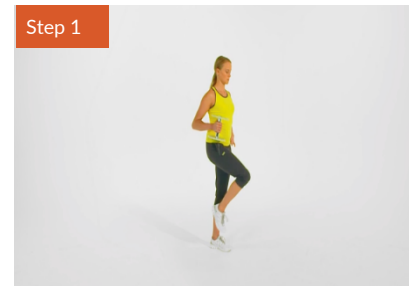
Step 5



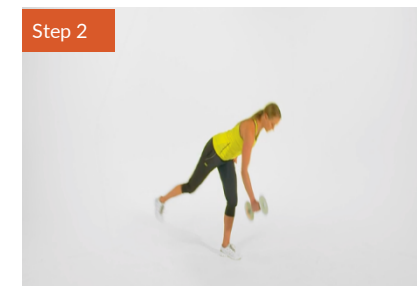
SINGLE LEG RDL

5 times each limb

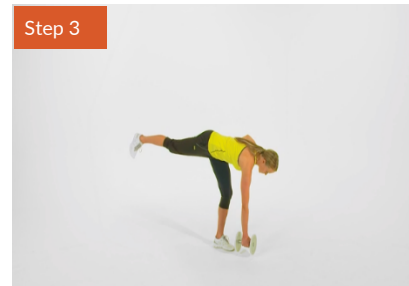
Step 1



Step 2



Step 3



Step 4



Step 5

