
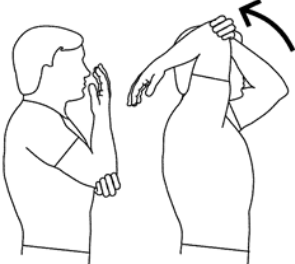
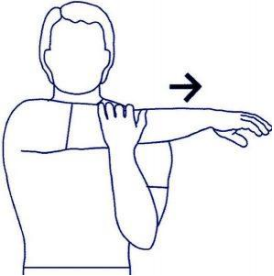

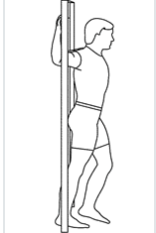



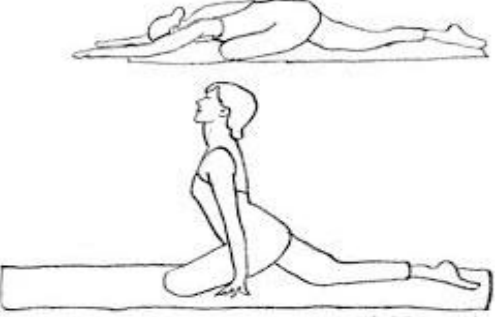






HATFIELD
SWIMMING CLUB

Trapezius	Gently pull ear to shoulder, release and then slightly extend the stretch after 30 second hold x3 each side.	
Triceps	Bend from elbow, keep body straight. Can do on a wall. Hold for 30 seconds x2 each side.	
Deltoids	Keep shoulder down, trunk straight. Can do against a wall. Hold for 30 seconds x2 each side.	
Latissiumus dorsi	Can be done on a foam roller, against a wall or onto a table. Single or both arms together. Hold for 30 seconds x2.	
Pectoral	Bent arms to start with, turn away from arm stretched. Can do with arm higher or lower, and straight or bent to stretch different parts of muscle. Hold each for 30 seconds x2 each side.	

<p>Hip flexors</p>	<p>Push through the hip, remaining upright through the body. Hold for 30 seconds x2 each side.</p>	
<p>Quadriceps</p>	<p>Push through hip and remain upright. Hold for 30 seconds x 2 each side.</p>	
<p>Hamstring/ calf</p>	<p>One hand either side of leg on floor. Hold stretch for 10 seconds, toes pointing up. Flex foot down and up x5, rotate foot side to side x5.</p>	
<p>Glutes</p>	<p>Ankle and knee in line, back leg and hips straight facing the floor. Progress from 2nd picture to 1st. Hold for 45 seconds x 2 each side.</p>	
<p>Adductors</p>	<p>Keep back straight, heels together, push knees down towards the floor. Hold for 1 minute x2.</p>	

<p>Ankles</p>	<p>Sit back on ankles. Progress to leaning back with knees 2-3 inches off the floor. Hold for 1-2 minutes. *Breaststrokers progress to feet out to 90 degrees.</p>	
<p>Trunk/ back</p>	<p>Hands under shoulders, knees under hips. Arch and hollow out back holding each for 5 seconds.</p> <p>Keep both shoulders on the floor. Progress to legs being straight and stretch arms out to side, head facing opposite way to stretched leg.</p>	