

# Age Group Pre-Pool

## Raise Hart rate

Skipping / Running on spot / Standing jumps - 1min

## Activate


Laying streamline pelvic activation - 3x10 reps



Streamline lunge – 2x10 reps



Wall slides - 2x10reps

<p><b>Wall slides</b></p> <ol style="list-style-type: none"><li>1. Back flat against the wall.</li><li>2. Elbow at shoulder height, arms at right angles, palms facing forwards.</li><li>3. Try to keep the forearms, wrists and back of the hands flat against the wall as you slide the arms overhead.</li></ol>  <p>england programmes the ASA swim for life BRITISH SWIMMING</p>	<p><b>Wall slides</b></p> <ol style="list-style-type: none"><li>1. Back flat against the wall.</li><li>2. Elbow at shoulder height, arms at right angles, palms facing forwards.</li><li>3. Try to keep the forearms, wrists and back of the hands flat against the wall as you slide the arms overhead.</li></ol>  <p>england programmes the ASA swim for life BRITISH SWIMMING</p>
---	---

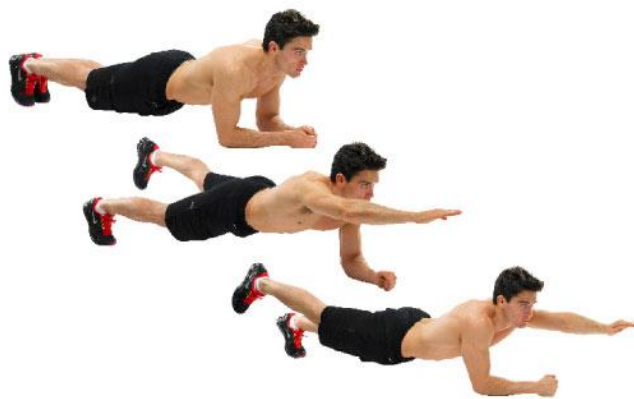
# Age Group Pre-Pool

## Prime muscle

Glute bridge - 2x10 reps



Plank Superman's – 2x10



## Mobilise

Arm swings- forward, backward, monkey

Leg swings- forward and back, adduction abduction.

# Age Group Pre-Pool