

Youth Pre Pool

Raise Hart rate

Skipping / Running on spot / Standing jumps - 1min

Activate

Laying streamline pelvic activation - 3x10 reps



Streamline lunge – 2x10 reps



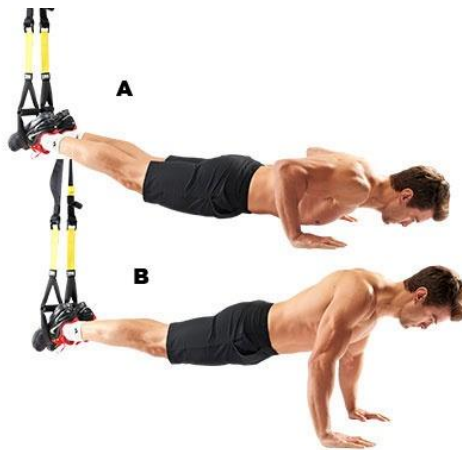
Wall slides - 2x10reps

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

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Suspension press up's 2x10 reps



Ball slams 2x10 reps



Mobilise

Arm swings- forward, backward, monkey

Leg swings- forward and back, adduction abduction.

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