

## STATIC STRETCHES INDEX

Gastrocnemius Stretch



Soleus/Deep Calf Flexor Stretch



Hamstring Stretch



Hip Flexor Stretch



Adductor Stretch



Gluteal Stretch



Spinal Rotator Stretch



Quadriceps Stretch



Erector Spinae/Latissimus Dorsi Stretch



Erector Spinae/Latissimus Dorsi Stretch



Thread Needle Stretch



Combo Lats & Thoracic Rotator Stretch



Pectoral / Chest Opener Stretch



Bow & Arrow Rotation



Corner Pec Stretch



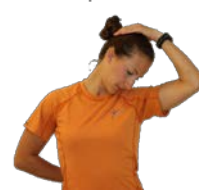
Shoulder Stretch



Triceps Stretch



Levator Scapulae Stretch



*Stretches should be held for 30-60secs for greatest effect and should be performed pre-swim/daily. These exercises are simply a guide, you might pick 3 or 4 that are most helpful or use other stretches that you find more effective - it is important you find what works for you and use them to form a structured warm-up pool side.*