



## **Flex Warm-up – Swim Edition**

***The ideal warm-up up when you have no time, no space, and no equipment!***

1. Squats x5 each
  - i. Arms Across Chest
  - ii. Hands Behind Head
2. Hip Drives x5 each leg/direction
  - i. Split Stance (L, R) – Overhead Swings
  - ii. Split Stance (L, R) – Alternating Punches
3. Groin Drives x5 each leg/direction
  - i. Split Stance (L, R) – Overhead Swings
  - ii. Split Stance (L, R) – Alternating Punches
4. 3-D Static Lunge Matrix x3 each direction/leg
  - i. Split Stance (L, R) – Reach Down – Reach Up (Sagittal Plane)
  - ii. Split Stance (L, R) – Bend Right – Bend Left (Frontal Plane)
  - iii. Split Stance (L, R) – Rotate Right – Rotate Left (Transverse Plane)
5. Hamstring Drives (2-way) x5 each leg/direction
6. Torso Rotations (2-way) x5 each way
  - i. Split Stance (L)
  - ii. Split Stance (R)
7. Pendulum Swings x5 each arm/way
  - i. Thumb Up
  - ii. Thumb Down

### Optional:

- Squats with SFT\* tweaks
- Lunge Matrix (with same arm swings/rotations as hip and groin drives)
- Push Ups with SFT\* tweaks
- 3D Pendulum Swings (add frontal and transverse planes)

**\*SFT (Sagittal–Frontal–Transverse):** Various foot/hand positions and widths

- Sagittal – Split Stance (L or R foot/hand forward)
- Frontal – Wide/Narrow Stance
- Transverse – Toes/Fingers pointed inward or outward



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### Squats



*With heels flat and chest tall, push the hips back as if you are sitting on to a chair  
Increase squat depth with each repetition (as low as you can with flat heels)*

### Hip Drives



- 1) Keep back leg straight and toes pointed straight forward
- 2) Drive arms overhead as you push the front knee forward
- 3) Alternate punches at shoulder height as you push the front knee forward

### Groin Drives

*Same sequence as Hip Drives with back foot turned out to 90°*

### 3-D Static Lunge Matrix



- 1) Reach Down – Reach Up
- 2) Bend Right – Bend Left
- 3) Rotate Right – Rotate Left



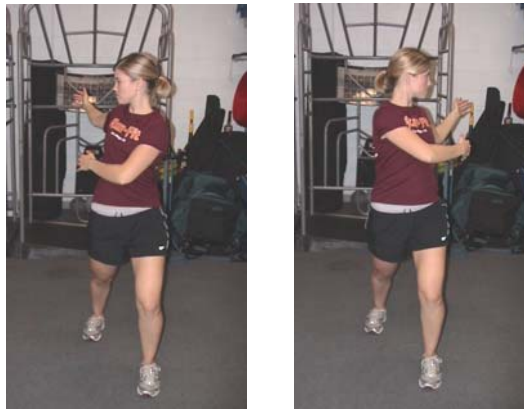
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### Hamstring Drives



- 1) Sit onto you back leg, keep your front leg straight and point your toes up
- 2) Alternate reaches to each side and stand up tall between each rep

### Torso Rotations



Swing arms right and left - open hand throughout backswing

### Pendulum Swings



- 1) Squat halfway down and let arm swing back
- 2) Stand up tall and swing arm overhead (reach up and back) – Alternate arms
- 3) Complete 5 ea. with thumbs up and another 5 ea. rotating thumbs down as you swing overhead