

ACTIVITY SHEET: WARM UP EXERCISES



ADVANCED - Prepare for your swimming training with these dry land exercises

Why it's important to warm up

It's important for more advanced swimmers to not only practice swimming technique, but also complete some exercises to improve their physical fitness.

Aside from improving general health and fitness, warming up with dry land exercises also helps swimmers before training in the water as it increases blood flow in muscles, which helps to prevent injury.



Exercises - Warm up exercises at home

These skills are suitable for children aged 10+ years old

Below are some simple exercises from Swimming Australia for children aged 10 years and up to complement their swimming skills practice.

Start with 10 repetitions of each exercise, increasing by small increments over time - to a maximum of 20. Make sure anytime you perform the exercises you are performing them correctly and without discomfort to avoid injury.

When doing these exercises, remember to breathe. Don't hold your breath!

While these exercises are designed for warming up before training sessions, they can also be done at home to maintain fitness.

1 Skipping

Equipment - Skipping rope

Use the skipping rope for 5 - 10 minutes

2 Dead Bug

1. Start by lying flat on your back with your arms straight above your head and legs straight with your toes pointed
2. Keep a strong abdominal position and don't let your back arch up
3. Raise your right arm and left leg up toward each other
4. Lower them to the starting position and repeat with the opposite side

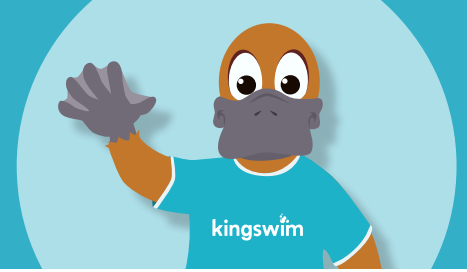


3 Lunges

1. Whilst you are standing tall, take a step forward
2. Lunge forward with your leg until the thigh is parallel to ground and lower your back knee to the ground
3. Return to a standing position and repeat on the other side



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4 Knee Push-Ups

1. Lay down horizontally with your hands on the ground, in line with your shoulders
2. Push up whilst keeping your knees on the ground
3. Keep your upper body straight and strong
4. Lower down so your upper arms are parallel with the ground



5 Supermans

1. Lie flat on your stomach with your arms straight out above your head, head in a relaxed position and your legs straight with pointed toes
2. Raise your arms and legs off the ground slightly, pressing up into streamline with the arms and shoulders, and making the spine as long as possible
3. Hold this position for 3 - 4 seconds
4. Make sure you don't over extend your lower back



6 Cobra to Child

1. Begin by lying flat on your front with your hands flat on the ground, in line with your shoulders and your elbows pointed upwards
2. Gently lift your head and slowly push your upper body into an extended position
3. Move your upper body back so your bottom is on your heels, keeping your hands in place and dropping your chest between your shoulders
4. Return slowly to the original position



Benefits of warm up exercises

- Improving fitness
- Increasing blood flow and preventing injury
- Helps to prepare swimmers mentally for a strong training session

Extension

Full Push-Ups

1. Lay down horizontally with your hands on the ground, in line with your shoulders
2. Push up with weight on your toes
3. Keep your upper body straight and strong
4. Lower down so your upper arms are parallel with the ground