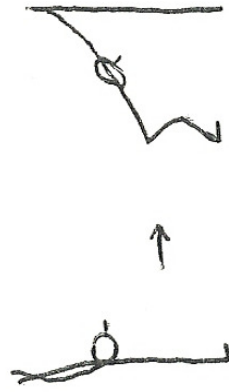
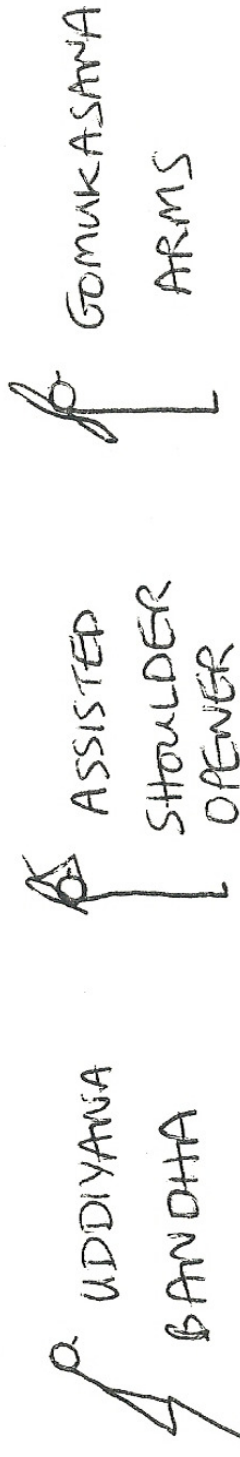




Often good overall body balance in swimmers. However, tightness in the chest muscles and hamstrings will prevent extension through the water, creating too much up and down movement in crawl and breaststroke. Shoulder tightness will affect backstroke, submerging the face. Lack of backbend will affect all strokes, but particularly butterfly. Lots of strength and suppleness needed in hip flexors and a strong still core for efficient movement. Overall, shoulder ROM needs to be maintained and extended. Breathing is crucial, especially learning how to fully breathe out. This makes pranayama and chanting particularly good practices for swimmers.



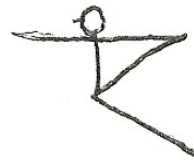
SHOULDER
EXTENSION



SHOULDER
TURN



RHOMBOIDS



TRIKONASANA



PRASARITA
PADOTTANASANA



MODIFIED
WARRIOR FOR
PSOAS



LOCUST



BACKBEND



GOLDEN
THREAD



CHANTING
AAHHH OR