

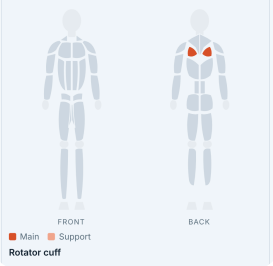


DRYLAND SWIM CLUB

The 5-minute poolside band routine

Three light band exercises to do before every swim. They wake up the small shoulder muscles that keep the joint steady, so your chest and lats can pull harder. All you need is a light resistance band.

MUSCLES WORKED

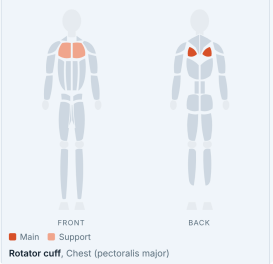


1. External rotation

Band fixed at elbow height. Elbow tucked at your side with a rolled towel under it. Rotate your hand out, away from your stomach, then back in slowly.

2 sets × 10–15 each arm

MUSCLES WORKED

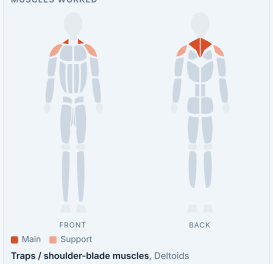


2. Internal rotation

Same position, band pulling the other way. Rotate your hand in across your stomach, then back out slowly. This is the muscle that helps you catch the water.

2 sets × 10–15 each arm

MUSCLES WORKED



3. Banded overhead reach

Hold the band with straight arms in front of you. Lift it slowly overhead, keeping your ribs down, then lower. It opens your shoulders into the streamline position.

2 sets × 10–15

Keep it easy. Use a light band and smooth, slow reps: this is a warm-up, not a workout. Stop if anything hurts, and check with a doctor or physio first if you have shoulder pain. Under 18? Do it with a parent's or coach's OK.

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