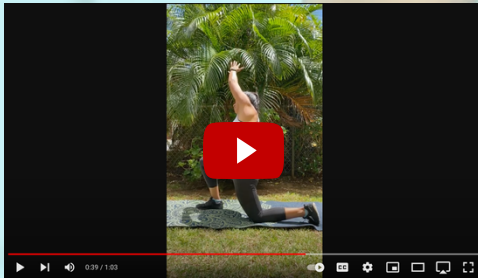


SwimSMART.

# 5 STRETCHES TO IMPROVE STREAMLINE

## 1 Thoracic Extension (Roller)

Thoracic mobility is essential to a swimmer's shoulder health. Extending over a foam roller with this segmental technique will leave your back feeling MUCH more open. Get ready to get in your best streamline position and take bigger breaths. Do 2-3 reps at each segment.

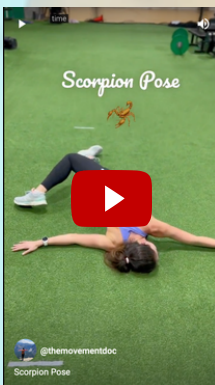


## 2 Kneeling Hip Flexor Stretch

Open up the front of your hips to get in a perfect streamline line with this stretch! Listen in on the cues to avoid common mistakes with this stretch. Hold for 20 seconds or for a dynamic stretch go in and out of the stretch 5x each side.

## 3 Kneeling Lat Stretch

Your lats get worked hard with swimming. They are strong shoulder extensors and internal rotators. Give them some TLC with a simple tool like a broomstick to position your shoulders in just the opposite of their action-external rotation and flexion to stretch them optimally. Rock in and out of the stretch 5-10x



## 4 Scorpion Pose

As you glide through the water, you want to maximize your ability to rotate. Here's another awesome way to unlock mobility at the upper back, lower back and hips! Do 3-5x each side.



## 5 Standing Side Stretch

This is THE streamline position! Maximize the stretch by actively reaching your arms up as high as you can as you breathe into the side of your ribs. Do 5x each side for a count of 2-3 deep breaths