

Pre-Pool
Exercises



<https://edlingtonstingrays.com/>

Raise – 3 minutes

Skipping | High Heels | High Knees | Jogging on spot

Arm Swings | Leg Swings

Mobilise – 5 Reps of each exercise

Joint Rotations – Fingers | Wrists | Elbows | Shoulders

| Neck | Trunk & shoulder blades | Hips | Knees | Feet & toes

3 point rotations - Lunges | Mountain climber stretches |

Shoulder rotation (ignore weights)

Activate – 5 Reps of each exercise

Lunge to rotation | Squats | Glute bridges | Upside down

plank | Wall press up | Superman

Prime – 5 Reps of each exercise

Squat jumps to streamline | Burpees to streamline



3 point rotation



Lunges



Mountain Climbers



Shoulder Rotations



Lunge to Rotation



Squats



Glute Bridge



Wall Press Up



Superman
(Cyril the Squirrel)



Squat jumps
to streamline



Burpees to Streamline