

At Home Routine for Swimmers

Level 3 - 7

The routine is designed to build muscle strength and flexibility in key areas for swimmers. To get the most out of these poses, I recommend doing two Breathing Themes for each pose, (except for the Abdominal Lifts): first *Breathing Theme 10, Moving with the Breath*, for flexibility and to warm up your body; then use *Breathing Theme 5 or 21, Extending with the Breath*, to build and tone your muscles and warm them up for your work out.

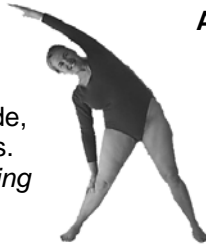


1. Abdominal Lifts

3 rounds.

2. Triangle

3 times each side, alternating sides. for each *Breathing Theme*.



3. Wide Angle Pose & Wide Angle with Twist



4. Sun Salutation

at whatever level you are able to practice it.

2 rounds or more for each *Breathing Theme*.



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Each time you do the Wide Angle with Twist, change sides. **Repeat until you've done three twists on each side. Do this entire sequence once for each *Breathing Theme*.**

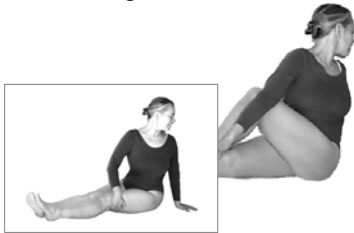
5. Butterfly Extension

3 repetitions for each *Breathing Theme*.



At Home Routine for Swimmers (continued)

6. Twist at whatever level you can practice it. 3 times, each side, for each *Breathing Theme*.



7. Pelvic Lift
3 times for each *Breathing Theme*.



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8a. Half Bow Primer



8b. Optional Half Bow for the second or third round. (Level 2/3 difficulty)



8c. Further Option, Full Bow
for final round.
(Level 7 difficulty)

9. Puppy
Once, holding for 4 to 10 breaths, using *Breathing Theme 5*



Close with **Child Pose**, while doing your Relaxation. The Relaxation is important and should not be missed. It will eventually help you put more power into your strokes and waste less elsewhere.

