

Pool-side Routine for Swimmers

Level 5

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. Chest Expansion
3 – 5 rounds for each *Theme*.



3. The Hug, once with left arm on top, once with right arm on top, using *Breathing Theme 5 or 21*.



OR 2A & 2B Bust Expansion (standing), then **Leg Clasp**. 3 – 5 rounds each. for each *Theme*.



4. Wide Angle Pose –alternating with Wide Angle with Twist. Each time you do the Twist, change sides. **Repeat until you've done three twists on each side.** Repeat for next *Breathing Theme*.



Pool-side Routine for Swimmers (continued)

5. Lunge

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



6. Frog Pose

3 repetitions for each *Breathing Theme*.



7. Butterfly Extension

3 repetitions for each *Breathing Theme*.



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



8. Breathing Exercise

Whichever Breathing Exercise you're learning.

7. Skier's Pose

As many repetitions as you like, breathing fully and bending deeply.

