



BWSC

Pre-Pool Resistance Band Exercises

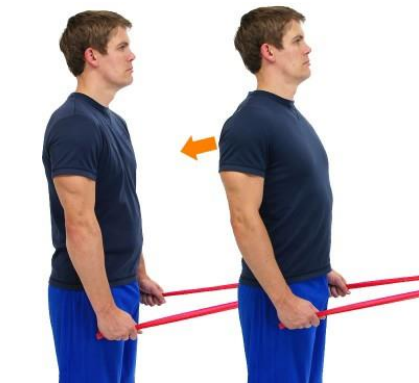
Total 16



ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



SCAPULAR RETRACTIONS WITH MINI SHOULDER EXTENSIONS

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



External Rotation

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

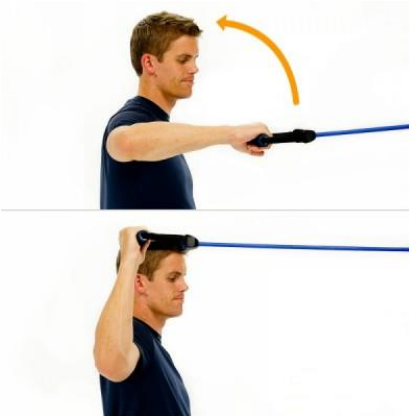
Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



EXTERNAL ROTATION 90 90

Start by holding an elastic band or sports cord with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed forward in the beginning position as shown. Next, roll your shoulder back so that your forearm is directed upward.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets

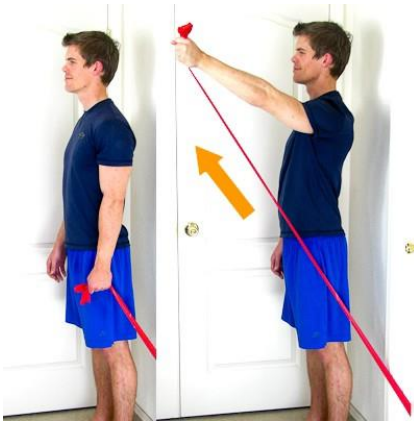
Maintain your shoulder blade in a retracted and downward position the entire time.



INTERNAL ROTATION 90 90

Start by holding an elastic band or sports cord with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed upward in the beginning position as shown. Next, roll your shoulder forward so that your forearm become horizontal to the floor. Return to original position and repeat.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



SHOULDER ABDUCTION

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets



ELASTIC BAND DIAGONAL FLEX - ABD

While holding an elastic band across the lower half of your body, pull the band upwards and outwards your your opposite side. Your hand should start in the thumb-back position and end in the thumb-up position.

Repeat 15 Times
Hold 2 Seconds
Complete 1 Set



BILATERAL EXTERNAL ROTATION

While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets