

# MiniFins 1 & 2

## Pre-Pool Routine



<b>RAISE</b>		
<b>Explanation</b>	<b>Duration</b>	<b>Exercise</b>
Raise body temperature and heart rate.	02:00	Jogging
	00:30	High Knees
	00:30	Heel Flicks
	00:30	Mountain Climber
	00:30	Skipping
<i>Total Time:</i>		<b>04:00</b>
<b>MOBILISE</b>		
Move joint through full range of movement in a dynamic fashion	00:30	Assisted Neck Stretch
	00:30	Assisted Shoulder Stretch
	00:30	Supine Inter/External Rotation
	00:30	Left Arm Shoulder Rotation
	00:30	Right Arm Shoulder Rotation
<i>Total Time:</i>		<b>02:30</b>
<b>ACTIVATE/PRIME</b>		
Stimulate key muscle groups involved in swimming effectively	00:30	2 Up 1 down Glute Bridge
	00:30	Superman arm/leg raises
	00:30	Press-Ups
	00:30	Prisoner Squat
	00:30	Reverse Lunge
<i>Total Time:</i>		<b>02:30</b>

**OVERALL TIME: 9 MINUTES**