



MF 3&4 Pre-Pool Routine

RAISE		
Explanation	Duration	Exercise
Raise body temperature and heart rate.	01:00	Jogging
	00:30	High Knees
	00:30	Heel Flicks
<i>Total Time:</i>		<i>02:00</i>
MOBILISE		
Move joint in a dynamic fashion	00:30	Assisted Shoulder Stretch
	00:30	Left Arm Shoulder Rotation
	00:30	Right Arm Shoulder Rotation
<i>Total Time:</i>		<i>01:30</i>
ACTIVATE/PRIME		
Stimulate key muscle groups	00:30	Superman arm/leg raises
	00:30	Prisoner Squat
	00:30	Reverse Lunge
<i>Total Time:</i>		<i>01:30</i>

OVERALL TIME: 5 MINUTES