



BBF Pre-Pool Routine

RAISE		
Explanation	Duration	Exercise
Elevate bodytemperature, heart rate, blood flow, joint viscosity and respiratory rate	02:00	Skipping
	00:30	Jogging
	00:30	High Knees
	00:30	Heel Flicks
	00:30	Lateral Jump
	00:30	Mountain Climber
	00:30	Spiderman jump switches
<i>Total Time:</i>		05:00
MOBILISE		
Move joint through full Range Of Movement in a dynamic fashion	00:30	Traps Stretch
	00:30	Assisted Neck Stretch
	00:30	Assisted Shoulder Strectch
	00:30	Supine Inter/External Rotation
	00:30	W Floor Slides
	00:30	Thorasic Rotation
	00:30	Spiderman Open-Ups
	00:30	Streamline Squat
<i>Total Time:</i>		04:00
ACTIVATE		
Stimulate key muscle groups involved in swim performance	00:30	2 Up 1 down Glute Bridge
	00:30	Clams
	00:30	Superman arm/leg raises
	00:30	Kneeling shoulderblades
	00:30	BAND - Standing External Rotation
	00:30	BAND - Sword Draws
<i>Total Time:</i>		03:00
PRIME		
Powerful/Dynamic swim specific activities that improve effectiveness	00:30	Press-Ups
	00:30	BAND - Standing Row
	00:30	Prisoner Squat
	00:30	Reverse Lunge
	00:30	BAND - Dead Lift
	00:30	BAND - Laying Pull Downs
<i>Total Time:</i>		03:00

OVERALL TIME: 15 MINUTES