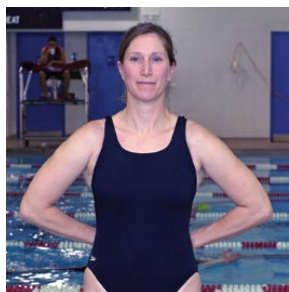


Shoulder Exercises for Active Warm-Up and Cool-Down

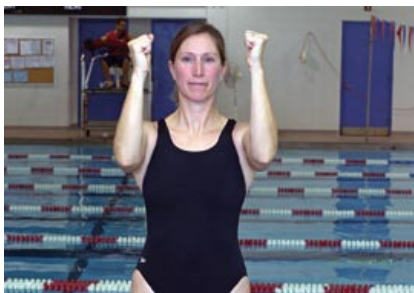
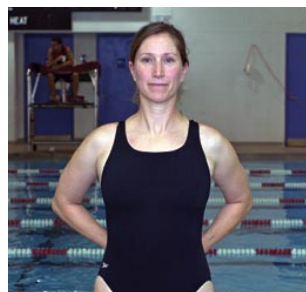
Before swimming, use these exercises to activate the shoulder muscles. *After swimming*, use these exercises to lengthen the tightened muscles (basically the front of your chest), and contract the stretched muscles (basically your upper back muscles). The emphasis is always on squeezing the shoulder blades together, without causing discomfort in the shoulder socket. Perform 2 sets of 15 repetitions of each of the five exercises.



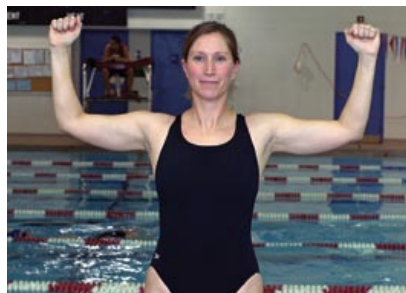
Exercise 1: From the start position (left), squeeze shoulder blades together moving arms to ending position (right).



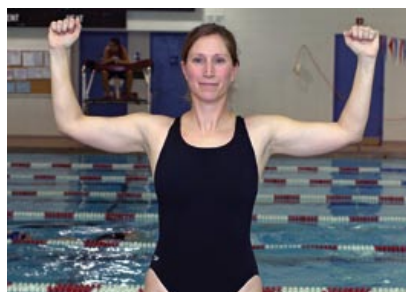
Exercise 2: Begin with hands on the belt line and squeeze the shoulder blades and elbows back.



Exercise 3: Begin with elbows pointing front, then squeeze shoulder blades and elbows back.



Exercise 4: Begin with forearms and hands at shoulder level and rotate upward.



Exercise 5: Begin in streamline position and squeezing the shoulder blades together, bring your elbows down.

