



SWIM RESISTANCE BANDS

EXERCISE GUIDE

- As a warm-up before each session, perform each selected exercise 3–5 times without the Swim Bands.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise set. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise set.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Swim Bands exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

TO SECURE THE SWIM RESISTANCE BANDS, LOOP ENTIRE BAND THROUGH ATTACHMENT PIECE AND SECURE AROUND DOOR HANDLE, FENCE OR SIMILAR STURDY, FIXED ANCHOR POINT.

DOUBLE-ARM OVERHEAD PULL (BUTTERFLY STROKE)



START: Stand in an athletic stance with arms slightly behind you. Extend your arms above your head in a “Y” position. Pull hands toward your body in a semicircle, with palms outward. Push your palms backward. Pull your arms along your sides and past your hips.

FINISH: the pull by dragging thumbs on your thighs as you finish the stroke.

SINGLE-ARM OVERHEAD PULL (FREE STYLE SWIM)

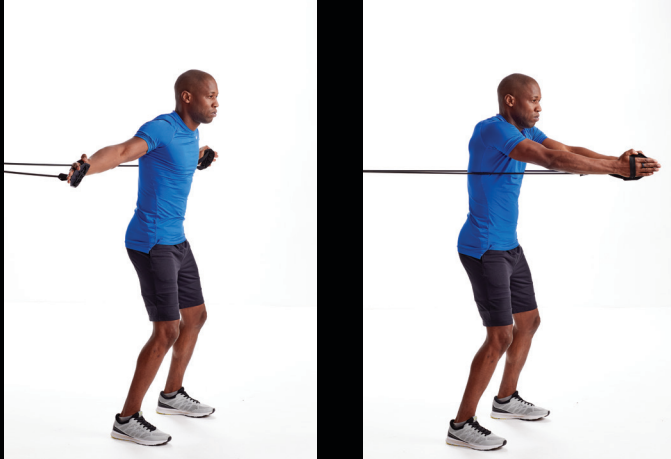


With knees bent and core engaged, position your hands in front and to the sides of your hips with your elbows bent. Rotate the shoulder and arm of your first arm to bring your hand over your head. Glide your hand over your head and out to be positioned in front of your shoulder. Bring arm back to starting position and repeat on the other side.

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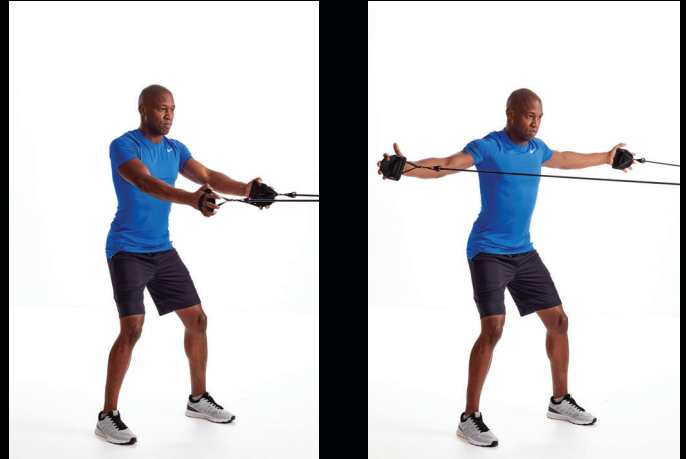
EXERCISE GUIDE

CHEST FLY



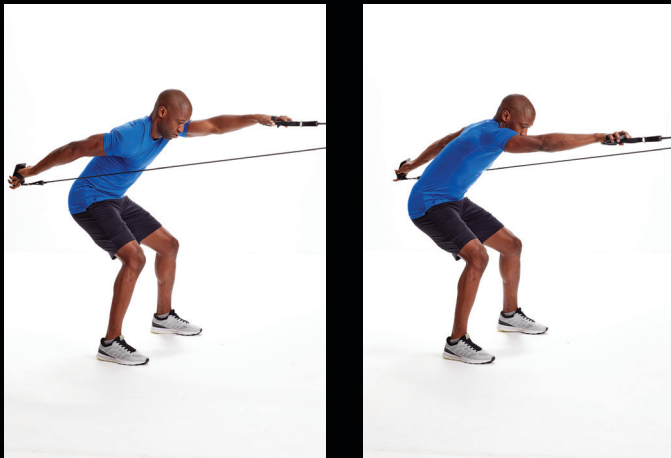
Face away from the attachment and stand tall. Raise arms into a "T" position at chest height. With a slight bend in the elbow, pull arms together to meet in the front. Control the speed of the release of the stretch cords for an additional eccentric exercise.

REVERSE FLY



Perform the same as the Chest Fly, but done while facing the attachment. Focus on the eccentric loading by resisting and controlling the speed of the stretch cords as they retract.

ALTERNATING SWIM PULL SPRINTS



With legs bent and core engaged, bring forward one arm while maintaining resistance, as the opposite arm pulls back engaging rear shoulder and back muscles. Maintain a slight bend in elbows. With core still engaged, exhale as you switch arms while moving in a swift motion.

UPPER BACK REVERSE EXTENSION



Start in an athletic stance with your knees bent, facing the band attachment point. Gripping the handles of your band, pull both hands toward you as if you were doing the butterfly stroke. Return to the starting position with control and repeat.