

Swim Load Exercises

Alternate Catch Bounces on swiss ball

- If you don't have swiss ball can kneel and do on soccer/ basketball single arm.
- Set shoulder and core on contact
- Aim 40 contacts per 30 sec.

Kneeling

- Same as standing just an example of hard to fix band above head.
- Reps of 30 per 30 sec
- Can do alternate arms or Double arms.

Bent over band pull

- Can do double arm or single arm
- Bend knees keep shoulder blades set
- Reps of 30 per 30 sec.
- Resistance low

Single arm Band pull down

- Similar to a lat. pull down
- Resistance should be stronger than the other pulling exercise
- Reps of 15-20 3 sets

Standing pull down

- Reps of 30 per 30 sec
- Can do alternate arms or Double arms.

Supine double arm or single arm band pull

- Set shoulder and core
- Rate of 30 per 30 sec
- Should be light not strong resistance
- No shoulder pain
- Can do single arm or double arm

Add leg band

- Can add in leg load to make exercise harder
- Reps and rate the same