



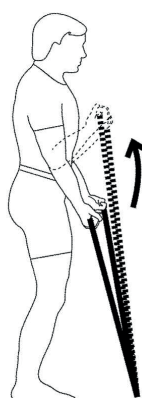
Arm exercises

Little Fishes Swimming School

in partnership with



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Biokineticists

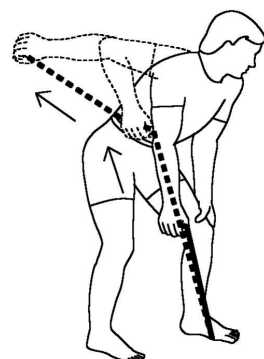


Resist elbow flex bil w/elastic

- Attach elastic to secure object at floor level.
- Grasp elastic in hands, palms up, arms straight.
- Pull upward, bending at elbows.
- Keep trunk straight.
- Slowly return to start position and repeat.

Perform 3 sets of 10 repetitions, once every other day.

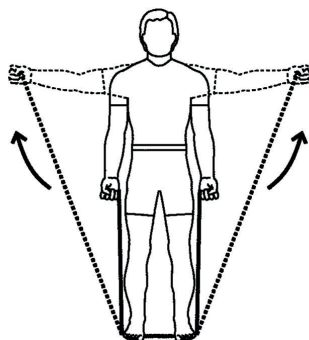
Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.



Resist elbow ext (kickback) w/elastic

- Hold elastic in hand of involved arm.
- Place one end of elastic under opposite foot.
- Slightly bend hips and support upper body with other arm as shown.
- Pull up on elastic, raising elbow to shoulder height.
- Extend elbow backward, contracting triceps.
- Slowly return to start position and repeat.

Resist shld abd bil (vert emphasis) w/elastic



- Stand on elastic.
- Hold elastic in both hands.
- Begin with arms at sides.
- Position palms forward.
- Keep elbows straight and lift arms to shoulder level.
- Slowly lower and repeat.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

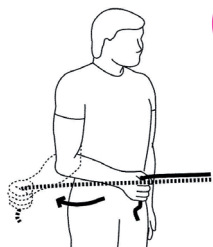
Special Instructions:

Contract abdominal muscles and maintain a neutral spine, not allowing trunk to twist.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld ER uni w/elastic

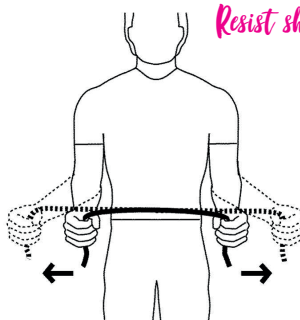


- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- Arm at side, elbow bent.
- Grasp elastic, move forearm away from elastic.
- Return to starting position.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld ER bil w/elastic



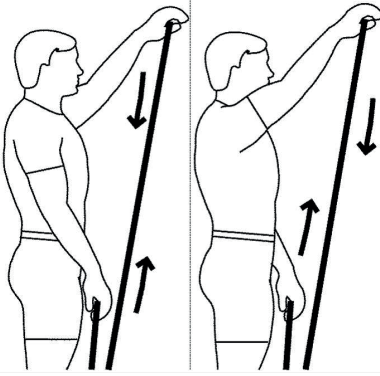
- Arms at side, elbows bent.
- Grasp elastic as shown.
- move hands outward, keeping arms at side.
- Return to starting position.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.



Resist shld flex alt bil w/elastic

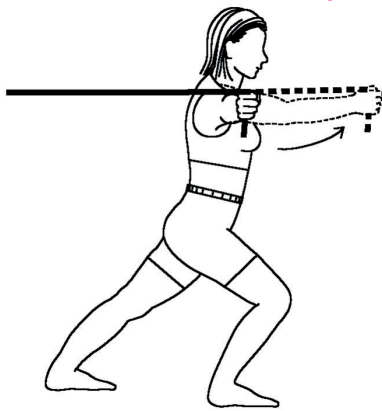


- Secure elastic at floor level or stand on elastic.
- Start with both arms at side, holding elastic.
- Keep elbow straight, raise one arm in front and over head and lower.
- As arm is lowered raise other arm in front and over head.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld horiz add bil w/elastic

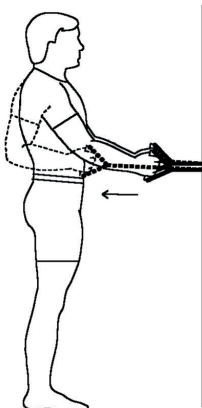


- Secure middle of band to stationary object at shoulder level.
- Face away from attachment in a staggered step, one leg in front of other as shown.
- Grasp bands at shoulder level with your elbows straight.
- Keep elbows straight and pull inward with palms inward.
- Slowly return and repeat.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld retraction close elbows w/elastic

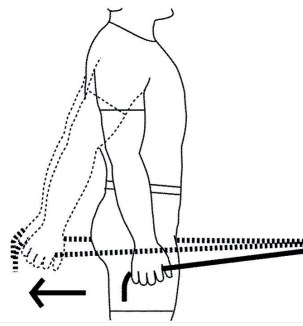


- Secure elastic at waist level.
- Hold elastic in hands with arms extended.
- Pull back, bending elbows and squeezing shoulder blades together, keeping elbows close to sides.
- Return to start position and repeat.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld ext bil stand w/elastic



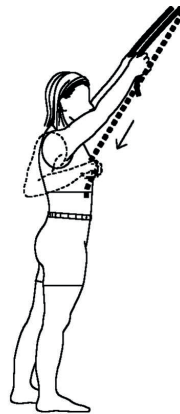
- Secure elastic at waist level as shown.
- Face toward elastic.
- Grasp elastic in hands, and pull backwards, keeping elbows straight.
- Return to start position.

Special Instructions:
Maintain neutral spine in low back.

Perform 3 sets of 10 repetitions, once every other day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld lat pull back w/elastic

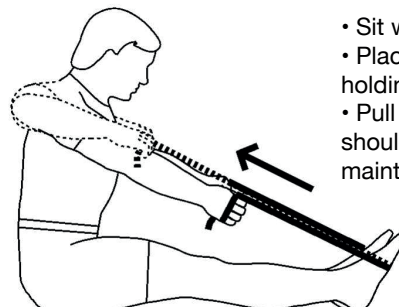


- Attach elastic overhead to secure object.
- Grasp elastic in hands as shown.
- Pull down, bending elbows, squeezing shoulder blades together.
- Slowly return to start position and repeat.

Perform 3 sets of 20 repetitions, once a day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Resist shld retract bil (seated rows) w/elastic



- Sit with legs straight in front.
- Place elastic around feet, holding in hands, as shown.
- Pull back on elastic squeezing shoulder blades together, maintaining your back position.
- Return to start position and repeat.

Perform 3 sets of 20 repetitions, once a day.

Use elastic.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against the possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

