

# TPE DRYLAND SWIM WARM UP

All x 8-10 on both sides:

- Arm rotations (both arms/both ways)
- Opposite arm swings
- T-spine twists
- Quadruped rotations
- Walking piriformis stretch
- Walking cross-leg hamstring stretch
- Walking lunge w/ streamline twist-n-reach
- One leg calf raises
- Shoulder adductions w/ band
- Shoulder abductions w/ band
- Two arm catch w/ band
- Two arm finish w/ band
- Two arm chest press w/ band
- Two arm shoulder press w/ band
- LIGHTLY roll any areas as needed/recommended by coach