

## ETS EXERCISE SHEETS EXPLAINED

### Exercises

**Exercise Name:** 4pt kneeling Supermans

**Action:** Extend opposite arm/leg whilst maintaining neutral spine. Hips are to remain parallel to the floor during movement.

**Primary Target:** Core. Also assists in working posterior slings.



**Exercise Name:** Band Walks

**Action:** Sit into hips, keep shoulders level and commence a lateral walk extending beyond hip width back to starting point at hips width apart.

**Primary Target:** Hip stability and adductors.



**Exercise Name:** Glute Bridge

**Action:** Push heels into the ground keeping a straight line through the body upon lift. Hold at the top for 3 seconds.

**Primary Target:** Glutes and hamstrings.



**Exercise Name:**

**Supported Squats**

Action:

Keep weight through heels, control down, chest tall, eyes forward.

Primary Target:

Quadriceps, glutes.



**Exercise Name:**

**Swiss ball single leg wall squats**

Action:

Keep weight through front heel, keep hips/shoulders level, control down, chest tall, eyes forward.

Primary Target:

Quadriceps and Glutes.



**Exercise Name:**

**Horizontal Pull Ups**

Action:

Keep body in a straight 'neutral' line and pull chest to bar, exhaling on lift.

Primary Target:

Lats, posterior delts. A good exercise to assist in progressing an athlete to chin ups.



**Exercise Name:**

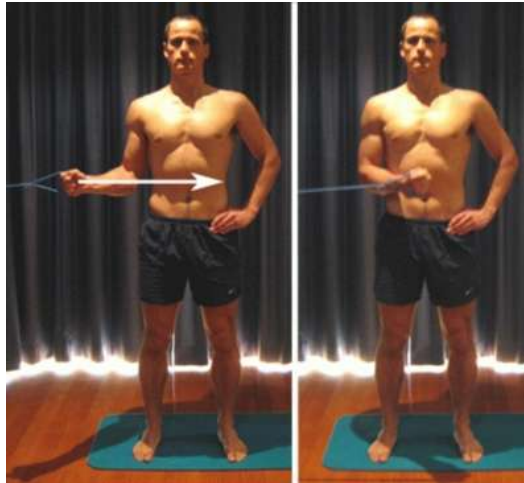
**Internal Thera Band Shoulder Rotation**

Action:

Keep shoulders back and shoulder blades flat against the ribcage. Hinge on the elbow as the band moves closer to the body.

Primary Target:

Internal Shoulder Rotators (Subscapularis) – anterior aspect.



**Exercise Name:**

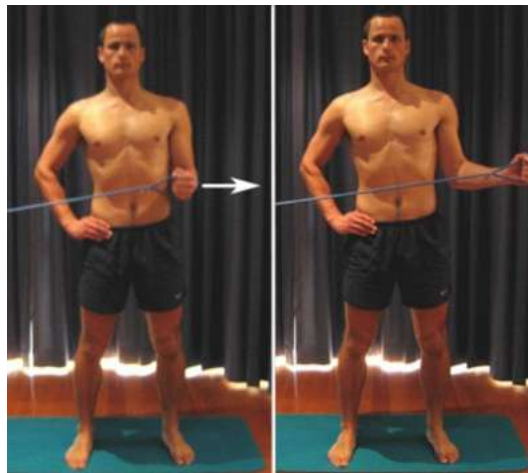
**External Thera Band Shoulder Rotation**

Action:

Keep shoulders back and shoulder blades flat against the ribcage. Hinge on the elbow as the band moves away from the body.

Primary Target:

External Shoulder Rotators (Infraspinatus, Supraspinatus and Teres Minor) – Posterior aspect.



**Exercise Name:** Prone Shoulder Circuit (Y, T, W)

**Action:** Set the shoulders, keep shoulders flat. 10 second holds on each of the Y, T & W positions.

**Primary Target:** Scapula stabilising muscles. Scapula setting and shoulder control.



**Stretches**

Hold each stretch for 30-45 seconds and repeat 2-3 times. If 'pain' is experienced, reduce the intensity of the stretch or cease the stretch completely.

**Stretch Name:** Pec Stretch

**Action:** Place hands on doorway and lean forward until a stretch is felt in the pecs. If shoulder pain is felt, cease stretch.

**Primary Target:** Chest - Pectoralis Major.



**Stretch Name:** Thoracic Extension

**Action:** Place a foam roller under the thoracic spine lying in a face up or supine position. Extend the spine over the foam roller and exhale as the athlete lowers over the foam roller. The bottom is to remain on the ground during the stretch. As relief is felt, move the foam roller to another site on the thoracic spine.

**Primary Target:** Thoracic Spine. Middle section of the upper back.



**Stretch Name:** Myofascia Release of the thoracic spine

**Action:** Tape 2 tennis balls together. Place the balls in the mid thoracic area laying in a supine 'face up' position. Proceed to roll up and down the spine until relief is achieved.

**Primary Target:** Thoracic Spine.



**Stretch Name:** Thoracic/Trunk Rotation

**Action:** Take broomstick and spend several minutes slowly rotating the trunk whilst seated.

**Primary Target:** Thoracic Spine.



**Stretch Name:** Archer Stretch

**Action:** Lie on the side with hands and knees on top of each other, pull shoulder back as if an archer and push the shoulder toward the floor. Ensure that hips do not roll back during the movement.

**Primary Target:** Thoracic Spine.



**Stretch Name:** Prone Shoulder ROM Stretch

**Action:** Elevate elbows above the head and place hands in the centre of the back. Whilst kneeling on the floor, place elbows on the block or similar heighted surface. The coach or trainer (someone responsible) places one hand on each lat and applies small downward pressure to achieve the desired stretch.

**Primary Target:** Increase passive ROM



**Stretch Name:**

**Lat Stretch**

Action:

Place an elbow overhead on a wall or straight surface. Lean into the wall until a stretch is achieved in the Lats and triceps.

Primary Target:

Latissimus Dorsi and Triceps.



**Stretch Name:**

**Abduction/Internal Rotation**

Action:

Place an elbow overhead on a wall or straight surface. Lean into the wall until a stretch is achieved in the Lats and triceps and push wrist towards the wall.

Primary Target:

Latissimus Dorsi, Triceps and subscapularis.



**Stretch Name:**

**Quad/Hip Flexor Stretch**

Action:

Kneeling on one knee with a lengthened spine, lift one foot off the ground and place a band around the foot and pull the leg towards the body until a stretch is achieved. This will lengthen the muscles of the quadriceps.

Primary Target:

Quadriceps, hip flexors.



**Stretch Name:**

**Hip Flexor Stretch**

Action:

Kneeling on one knee with a lengthened spine, place one foot in front at a 90 degree angle. On the supporting leg, tilt the pelvis in an anterior position (top to back) and draw up through the abdominal muscles opening the angle of the hip flexors.

Primary Target:

Hip Flexors (Psoas) Good for streamline.



**Stretch Name:**

**Lying Hamstring Stretch**

Action:

Laying on the back in a supine position. Place one leg flat on the floor and the other raised straight in front. Please a band or tubing around the arch of the foot with a straight knee (not locked out), pull the leg toward the body until a stretch may be felt in the hamstrings.

Primary Target:

Avoid arching the back whilst lying on the floor. Hamstrings. Good for starts and turns.



**Stretch Name:**

**Sitting Ankle Stretch**

Action:

Depending on the swimmers level of ankle flexibility, the stretch may start by sitting on the feet as displayed in the first image. This may be progressed by placing a towel or foam roller under the toes to increase the stretch and range.

Primary Target:

Ankle Flexibility. Good for kicking.



**Stretch Name:**

Action:

Primary Target:

**Seated Internal Hip Rotation**

Sit the athlete on a chair in a forward position. The knees are to remain closed whilst the ankles separate until a stretch is felt in the internal hip rotator group of muscles.

Mobility in the internal hip rotators.  
Good for breaststrokes and IM swimmers.

**Stretch Name:**

Action:

Primary Target:

**Prone Internal Hip Rotation**

Lay the athlete in a prone position on the floor with both knees together with bent knees. The knees are to remain closed whilst the ankles separate until a stretch is felt in the internal hip rotator group of muscles.

Mobility in the internal hip rotators.  
Good for breaststrokes and IM swimmers.

