

THE SWIMMERS EDITION

POWER  
THROUGH  
THE POOL  
WITH PILATES

Swimming is a very technique driven sport requiring power, control and correct body alignment to glide through the water. Pilates can help improve performance in the pool by enhancing core control, flexibility, breathing and body strength. Here are our 4 recommended exercises to help you explode off the blocks and through the water this summer.

01/ BOOK OPENING



**MUSCLE FOCUS**

Thoracic spine and shoulder joint mobility.

**START POSITION**

Begin by lying on the side with your body in neutral, making sure hips and shoulders are stacked above each other.

**MOVEMENT SEQUENCE**

Rotate the upper body, gaze following the raised arm, making sure the hips and lower body stays quiet. This can be done with rotation of the shoulders by bringing the arm over in anti-clockwise. Repeat 6-8x on both sides.

02/ SWAN 3



**MUSCLE FOCUS**

Strengthen back and hip extensors and increase mobility in thoracic extension which will improve posture, openness and tautness in the body – most essential part of swimming 101.

**START POSITION**

Lie prone, hands at sides of ribcage and elbows pointed to ceiling.

**MOVEMENT SEQUENCE**

Inhale – Press up to Swan 1 position with an even distribution of the spine in thoracic extension (see Pilates for Dragonboaters). Exhale – Reach arms in front and roll the body forward and back in a continuous manner, maintaining length, with spine and hips in extension. Repeat 6-8x.

03/ JACK KNIFE



**MUSCLE FOCUS**

Eccentric lengthening and strengthening of abdominals.

**START POSITION**

Lie on your back with your hands at your sides with straight legs.

**MOVEMENT SEQUENCE**

Inhale- extend legs to ceiling. Exhale: rollover to the widest part of the shoulders till the legs are parallel to the floor. Inhale – Extend the hips and roll higher on to the shoulders, reaching feet to the ceiling. Exhale: Without dropping, lower legs to 45° and roll down with control. Repeat 3-5x.

04/ LEG PULL



**MUSCLE FOCUS**

Strengthen posterior chain and extensors of body.

**START POSITION**

Sit up with legs straight and place hands under shoulders with elbows extended.

**MOVEMENT SEQUENCE**

Lift pelvis, reach feet towards floor, maintaining neutral spine and pelvis. Inhale- Reach and lift one leg towards the ceiling maintaining neutral trunk. Exhale- Lower leg. Repeat 3-5x on both legs.

