

## Yoga Poses for Swimmers

These two poses provide a mix of shoulder openers and core- and back-strengtheners to help swimmers develop a good foundation of openness in the shoulders, while keeping length in the core.

Swimmers must maximize their full range of motion and use the entire extension of the body to their advantage, both in training and on race day.

### Shoulder Stretch Into Angry Cat/Happy Cat

1. Start on all fours with your legs hip-distance apart, tops of the feet flat on the floor.



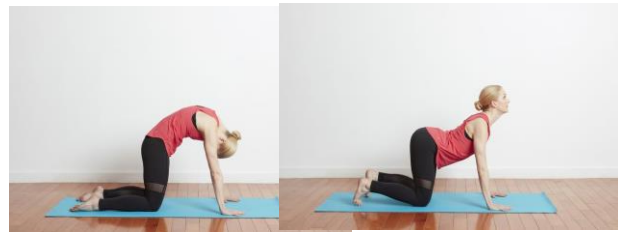
2. Bring your upper body down to the floor, reaching the arms out long in front of you.

3. Turn your upper body toward the left, to start, putting your right ear and shoulder on the floor. Extend your right arm straight out to the left, palm up.



The left arm reaches overhead in line with the side body, fingers to the floor and left bicep alongside your ear. Hold for 30 seconds.

4. Come up onto all fours and continue into Angry Cat/Happy Cat for one minute.



Then repeat steps 1-4 toward your right.

### Locust Pose

1. Lie flat on the floor with your legs straight out behind you, hip-distance apart, and arms straight ahead, forehead on the floor.

2. In one strong, swift motion, lift up with your feet and reach up and out with your arms, raising your heart off the floor. Your gaze should be out in front, between your hands.



Hold for 20 seconds.

Then repeat for two minutes.