

ACTIVATE



2 Warm Up Essentials

Perform a *minimum of three activation exercises* before getting on water

SCAPULAR STABILISERS

PUSH UP PLUS

8-10



YTW'S

8-10



SCAPULAR STEP UPS

8-10 each side



SCAPULAR RETRACTION PULLS

12-20



SINGLE ARM BAND PULLS

12-20 each side



POSTERIOR CHAIN

SINGLE LEG GLUTEAL BRIDGE

8-10 each side



DOUBLE LEG GLUTEAL BRIDGE

8-10



STRAIGHT LEG HIP ABDUCTION

8-10 each side



SIDE LYING CLAMS

8-10 each side



SINGLE LEG HAMSTRING BRIDGE

8-10 each side



SINGLE LEG HIP THRUSTER

8-10 each side



BULGARIAN SQUAT

8-10 each side



BAND HIP ABDUCTION VARIATIONS

8-10 each side



SINGLE LEG BOX SQUAT

8-10 each side



SINGLE LEG SQUAT

8-10 each side



REVERSE HYPERS

8-10



Remember to move onto **PATTERN, Warm Up Essentials: Part 3** and ensure your posture is correct before getting on the water...