

RAISE

MOBILISE

ACTIVATE

PRIME

4



## Band Resisted Push Up

1. Band under hands and around the back.
2. Press up position, core switched on, elbows into side and neutral head.
3. Push ups keeping elbows in and good spinal alignment.

Swim England  
Swimming

BRITISH  
SWIMMING



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## Lying Pull Downs

1. Band held above the head by partner.
2. Core switched on and back flat.
3. Pull the hands to the side quickly and slowly return above the head.



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## Band Resist Dead Lift

1. Hands and feet on band to create tension.
2. Normal dead lift pattern.
3. Good spine alignment, head tall.
4. Movement from the hips and knees with weight on heels.



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## Band Overhead Reverse Lunge

1. Maintain spine alignment.
2. Reverse lunge.
3. Knees to 90 degrees.
4. Head remains still.



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