

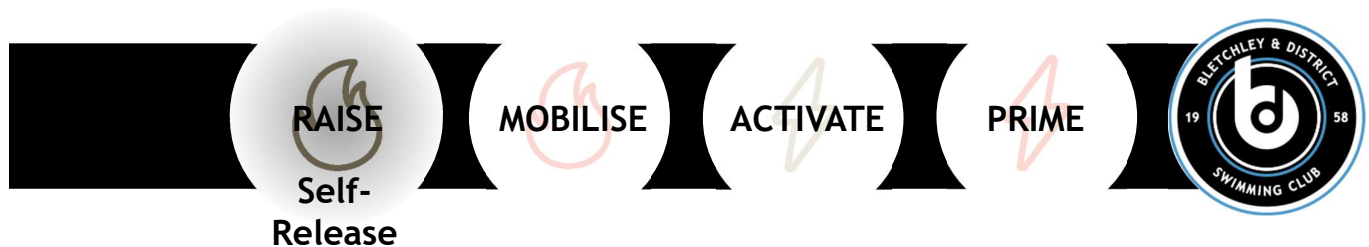
Lats Rolling

1. Roll top, middle and bottom of the lats.
2. Small area of focus and then move the roller down the muscle.

Swim England
Swimming

BRITISH
SWIMMING





Lats Rolling In Standing

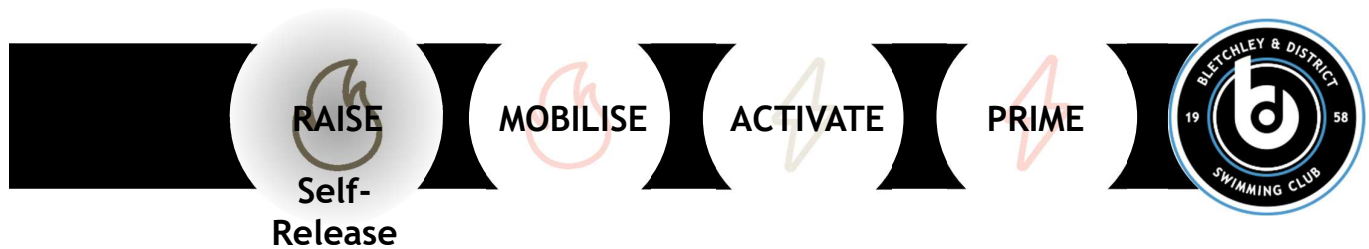
1. Easier than the lying exercise.
2. Position the roller precisely on the lats.
3. Start with standing and progress to lying.



Lats Rolling In Standing

1. Easier than the lying exercise.
2. Position the roller precisely on the lats.
3. Start with standing and progress to lying.





Thoracic Roller

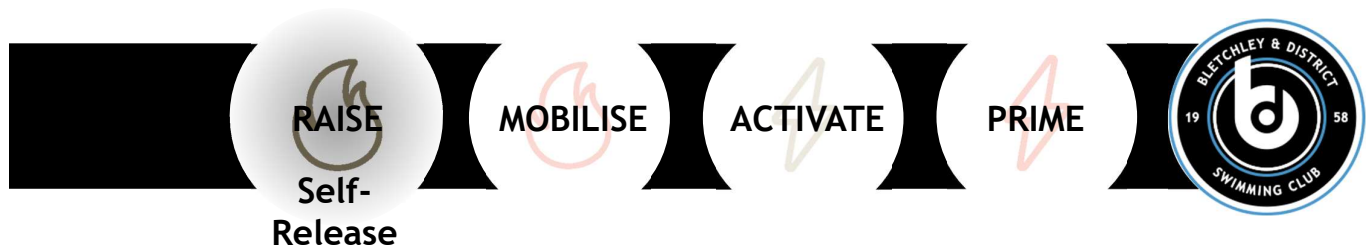
1. Arms around the chest.
2. Hips braced - off the floor with core engaged.
3. Feet hip width apart.



Thoracic Roller

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2. Hips braced - off the floor with core engaged.
3. Feet hip width apart.





Thoracic Peanut

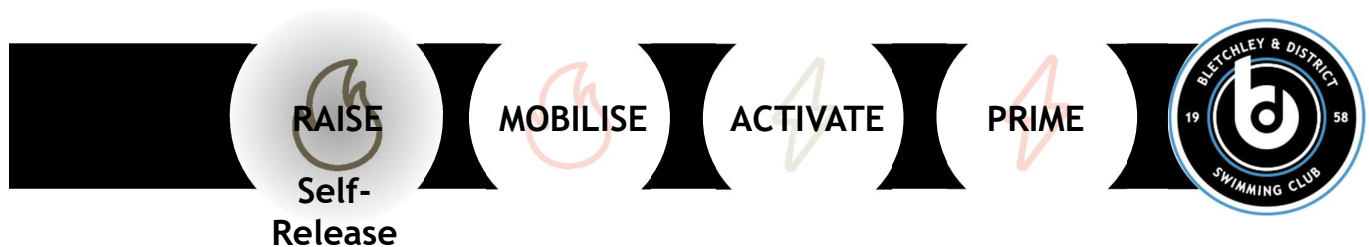
1. Position the peanut either side of spine.
2. Hips braced - off the floor with core engaged.
3. Feet hip width apart and arms across chest.



Thoracic Peanut

1. Position the peanut either side of spine.
2. Hips braced - off the floor with core engaged.
3. Feet hip width apart and arms across chest.





Shoulder Internal Rotation

1. Place the ball behind the shoulder around the shoulder blade.
2. Core engaged.
3. Rotate the shoulder with the ball in place at the back of the shoulder.



Shoulder Internal Rotation

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2. Core engaged.
3. Rotate the shoulder with the ball in place at the back of the shoulder.





MOBILISE

ACTIVATE

PRIME



Posterior Shoulder Release

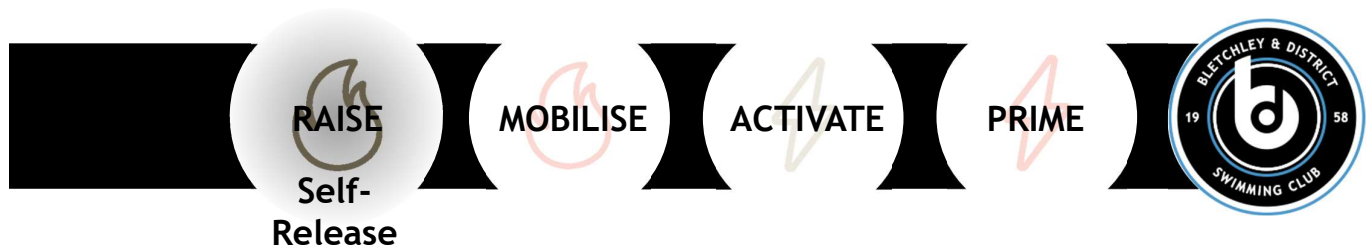
1. Position the ball in position around the back of the shoulder under the outer edge of the shoulder blade.
2. Slowly flex the arm.
3. Feel pressure around the back of the shoulder.



Posterior Shoulder Release

1. Position the ball in position around the back of the shoulder under the outer edge of the shoulder blade.
2. Slowly flex the arm.
3. Feel pressure around the back of the shoulder.





ITB Rolling

1. Side lying with the elbow down.
2. Roll the upper middle and lower part of the muscle / ITB.
3. Small sections each time then roll further down the thigh.



ITB Rolling

1. Side lying with the elbow down.
2. Roll the upper middle and lower part of the muscle / ITB.
3. Small sections each time then roll further down the thigh.

