Pre Pool

Dynamic Stretching is the key to a good pre pool warm up!
Static stretching and foam roller is an add on

Hug and clap
Tricep Swings
Streamline stretch - Relay swing into streamline stretch
Alternate swings
Bent over hug and claps
Bent over alternate arm swings
Hip circles
Trunk rotation - arms above head holing foam roller
Jog on the spot - high knees
Leg swings - forwards (straight leg / backwards bent leg)
Leg swings - side to side (full range without loosing control)
Leg swings - lying on back side to side
ABS stretch
Alternate leg and arm insect - lie on floor - forehead on floor
Reach over groin stretch