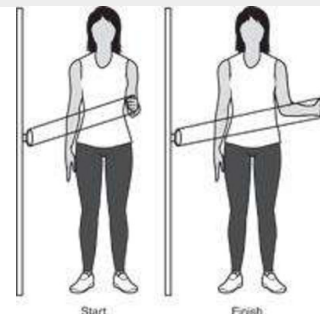


Loop Band Program for Swimming

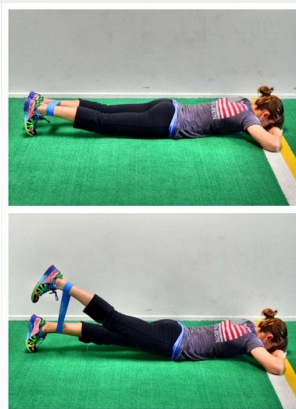
External Rotation with Loop Band

1. Start by looping the band around a doorknob or post, etc.
2. Then step away from the door/wall and hold the band in the far hand.
3. Squeeze your elbow into your side and don't move it!
4. Then lead with the back of your hand and pull the band outwards (like the picture shown)
5. Keep your shoulders pulled back and don't let your shoulders/hips rotate!



Extension with Loop Band

1. Start on your stomach with the band either around your hands or feet (or both if you have two)
2. If you have the band around your feet, lift one foot up at a time and keep your hands and head down on the ground. Stretch the band by keeping one foot down and lift the other one up using your glute muscle
3. If you have the band around your hands, lift both your hands and feet up off the ground, at the same time, stretch the band outwards with your hands.
4. Come back down slowly.



Loop around feet



Loop around hands

Loop Band Wall Slide

1. Start with the loop band around your wrists/arms
2. Hold your arms straight up and down on the wall (as shown) and provide some resistance on the band by pulling your elbows/wrists apart
3. Then, slide your arms up and down the wall WHILE stretching the band apart
4. Do this slowly and in control, you should feel it working in your back and arms!

