



Formidable Strength & Conditioning Swimming WA Open Water Series Strength & Conditioning Program

Mobility Program - Foam Roller

This program has been designed to complete anywhere - at the pool, home, gym, even the office!

This simple mobility program is designed to prevent injury and also aid in recovery between swims and gym based sessions to ensure you are able to train at your best.

Please feel free to email us contact@formidablestrength.com.au or phone 0412 458 114 regarding any of the following:

Help on which program would suit your needs best;
Injury history that prevents you from doing certain exercises;
Unsure of what some of the exercises are.

For more information about who we are and what we do please visit our website
www.formidablestrength.com.au

From all the coaching team at Formidable Strength & Conditioning, we wish you a fun and fast SWA Open Water Series!!

#beforemidable

In downloading the Formidable Programs, you hereby:

***declare that you have obtained independent legal advice; or**

***waive your right to obtain independent legal advice and accept this Disclaimer, Liability Waiver and Indemnification Agreement freely on your own volition without duress, coercion or undue influence.**

Disclaimer

Formidable Strength and Conditioning Pty Ltd (**Formidable**) has created online training programs (**Formidable Programs**) for use by members of the Western Australian Swimming Association Inc.

As with any physical activity, it is important that before beginning any fitness regime, you consult with your health care professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in Formidable Programs are intended to be used as medical advice and the Formidable Programs are not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information contained in the Formidable Programs, you should carefully evaluate the accuracy and relevance of the information for their purposes and obtain appropriate professional medical advice.

You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

You require a moderate level of fitness to follow the Formidable Programs. Persons with pre-existing medical conditions, in poor health, or with any concerns as to commencement of a new fitness regime should consult with an appropriate healthcare professional before beginning any of these programs.

You are responsible for making your own inquiries and for seeking independent advice from a qualified healthcare professional before acting on any information or material made available to you through the Formidable Programs.

The information contained in the Formidable Programs may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified health care professional.

Formidable strongly recommends that you consult with your doctor before beginning any exercise program. If you are under 18, pregnant, or have health problems consult your doctor about specific medical conditions.

Liability Waiver and Indemnification Agreement

In consideration for having access to the Formidable Programs, you hereby waive, release, and discharge all claims and damages for personal injury, death and/or property damage which you may sustain as a result of participating in the Formidable Programs and resulting from negligence or misconduct whether by act or omission of Formidable.

This release is intended to discharge in advance Formidable, including its directors, officers, employees, contractors and/or agents including their heirs, agents, representatives, successors and assigns from and against all liabilities, actions, claims, demands, suits, hearings, expenses or costs arising from or in any way connected with your participation in the Formidable Programs and resulting from any negligence or misconduct and whether it be by act or omission of Formidable.

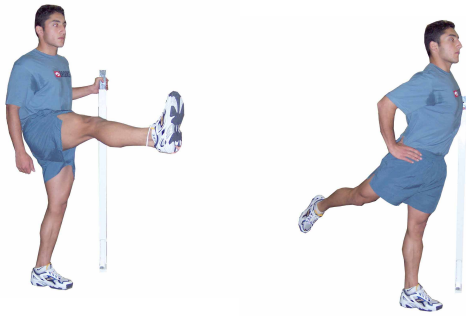
You acknowledge and agree that various activities related to the Formidable Programs can be hazardous in nature and that there is a possibility of serious accident(s), which may result in injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death. Notwithstanding the risks involved you voluntarily participate of your own volition in the Formidable Programs and hereby agree to assume all risks of injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death, and to release and hold harmless Formidable, including its directors, officers, employees, contractors and/or agents who through negligence or misconduct whether by act or omission may otherwise be liable to you.

You further agree to fully indemnify and to hold Formidable, its directors, officers, employees, contractors and/or agents free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of any injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death that you may sustain while participating in the Formidable Programs.

By downloading the Formidable Programs, you agree that you have carefully read and fully understand this Disclaimer, Liability Waiver and Indemnification Agreement and acknowledge and agree that the terms of this Disclaimer, Liability Waiver and Indemnification Agreement become irrevocable between you and Formidable.

Leg Swings - Front To Back

Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.



Leg Swings - Side To Side

Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.



Active Assisted Shoulder Flexion - Standing - Stick

Complete 3 sets of 15 repetitions. Rest 60 between sets.



Alternate Back Slaps - Dynamic Stretch

Complete 2-4 sets of 20-30 repetitions. Rest 60s between sets.



Shoulder Flutters - Up & Down

Complete 2-4 sets of 15-20 repetitions. Rest 30-60s between sets.



Shoulder Flutters - Back & Forth

Complete 2-4 sets of 15-20 repetitions. Rest 30-60s between sets.



Lumbar Rotations

Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.



Back Rolls - Low Back Stretch

Complete 1-2 sets of 15-20 repetitions. Rest 30s between sets.



Torso Rotation Stretch - Broomstick

Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.



Latissimus Dorsi Self Massage - Foam Roller

Repeat 20-40 times.



Thoracic Spine Mobility - Foam Roller

Hold for 45-60 seconds. Repeat 2-3 times.



Calf Self Massage - Foam Roller

Repeat 20-40 times.



Quadriceps Self Massage - Foam Roller

Repeat 20-40 times.



Upper Hamstring & Gluteal Self Massage - Foam Roller

Repeat 20-40 times.



Hip Flexor Self Massage - Foam Roller

Repeat 20-40 times.



Piriformis & Gluteal Self Massage - Foam Roller

Repeat 20-40 times.

