

While in lockdown, some of us have enjoyed the relaxation that comes with not having to follow strict training routines.

BUT with the pools about to come back, it's time to start getting prepared for the water. Our bodies might need a little bit of help to make it a comfortable transition. Below is a simple exercise schedule to start getting you active again in preparation for the first splash!

Getting back in the pool

Tuesday & Thursday

10-20 push ups
30-50 crunches
Roll over and 30 sec plank
Then 20 squats.
Repeat the whole set 3-5 times.

Wednesday

Walk, Run, Bike ride, go outside

Friday

Stretch routine

Special Note: any exercise program should be discussed with your doctor first, and the above and below is only a guide.

Push-ups – Make sure your back is straight, core is locked on, and your wrists are directly under your shoulders.

Crunches – These are not sit ups, hands on your legs, and you only go as high as your hands to your knees. Keep your neck relaxed.

Plank – Lock your core, squeeze your glutes. IF you have a sore lower back, you may need to substitute for another exercise like heel touches.

Squats – Should not hurt your knees. If they do, its likely you are bringing your knees forward past your ankle. Knees should stay vertically directly above the ankle. Hips & Butt goes back (like you are sitting down on a low chair). Push up from the heel and squeeze your butt, (another sign if you are pushing from your toes your knees have gone forwards).

Friday is stretch day. With lots of walking and sitting at substandard work from home desks happening at the moment, our lower backs can get sore. The walking tightened our glutes and the sitting crunched it all down to become tender. So please google lower back stretches and do the ones you are most comfortable with. Make sure you are warmed up before you stretch.