

# U.S.A

# SYNCHRONIZED SWIMMING

## WARM UP ROUTINES



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***METHODOLOGY FOR TRAINING  
TECHNICAL SKILLS AND SPECIFIC REQUIREMENTS  
FOR SYNCHRONIZED SWIMMING***





# INTRODUCTION

## SYNCHRONIZED SWIMMING

- *This document is a tool for physical preparation with basic routines and particular motions, specific for synchronised swimmers.*
- *For the best understanding, each particular body's position is illustrated by pictures.*
- *For each age's category, the number of repetitions for each exercise is different, whereas the rhythm and cadence are similar.*
- *This specific warm up involves an adequate standard of physical preparation for the swimmers, especially flexibility :*
  - *For splits : adequate flexibility is required for each split - left, right and middle split*
  - *For arch : adequate flexibility of lumbar is required*
  - *For correct piked sitting position : adequate flexibility of spine and shoulders is required*

# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



ACTIVE FLEXIBILITY	Slowly at start then increase speed	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Feet together -Bent joined knees (tucked) -Completely stretched legs (piked)	Number of repetitions	20	20	20	20



COUNT	ONE	AND TWO	AND THREE	AND FOUR	AND FIVE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



From Piked Position, throw arms forward to a piked chest position	Slowly at start then increase speed	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Feet together -Stretched legs (piked) -Straight back -Extended arms (during piked chest position)	Number of repetitions	10	15	20	30



COUNT	ONE	AND ARMS	AND TWO	AND ARMS	AND THREE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



From Piked Chest Position - throw arms forward to a Vertical Position	Slowly at start then increase speed	12 years old and under	13- 15 years old	Juniors	Seniors
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**INSTRUCTIONS**  
**-Feet together**  
**-Stretched legs (piked)**  
**-Straight back**  
**-Extended arms (through vertical position)**

Number of repetitions	10	15	20	20
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COUNT	ONE	AND TWO	THREE	AND FOUR	FIVE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



Standing in a bent knee position, move to a standing ballet leg position	Hold 3 seconds in bent knee, fast movement to standing Ballet Leg Position, hold 3 seconds in Ballet leg position	Before 12 years old	13- 15 years old	Juniors	Seniors
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<b>INSTRUCTIONS</b> -Standing bent knee position -Horizontal thigh -Assume a vertical ballet leg	Number of repetitions	10	10	20	20
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COUNT	ONE	BEND-hold 3 seconds	KICK-hold 3 seconds	BEND-hold 3 seconds	AND TWO...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



Standing with extended legs, extended arms parallel	Fast motion with the arms, up and down	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Standing position -Arms extended and parallel -Throw arms up -Push up on toes	Number of repetitions	10	20	30	30



COUNT	ONE	AND TWO	AND THREE	AND FOUR	AND FIVE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



VERTICAL JUMPS	Fast motion with hands up and control down	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Bent Knees (with control of the thigh strength) -Jump to assume a vertical position -Throw arms & hands straight up	Number of repetitions	10	10	20	20



COUNT	and	ONE	and	TWO	and...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



From half tucked position on shoulders, roll forward to assume a piked position, hold 3 seconds with extended legs	Fast motion with extended arms, sitting pike position	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> <i>-Forward piked somersault (with control)</i> <i>-Straight arms during pike</i> <i>-Maintain position for 3 seconds</i>	Number of repetitions	10	15	20	25



COUNT	Hold 1,2,3	and ONE	TWO	THREE	and hold 1,2, 3..
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



CANDLESTICK	Completed without pause	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms	Number of repetitions	10	15	20	25

COUNT	Hold and	ONE	TWO	THREE and	Hold and..
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



CANDLESTICK + CRANE	Without pause	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms -Switch leg each time after Candlestick	Number of repetitions	10	20	30	30



COUNT

ONE

and TWO

THREE

And FOUR

ONE...

# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



FLAMINGO	Without pause	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms -Switch leg <b>AFTER 10 repetitions</b>	Number of repetitions	20	20	20	40



COUNT	ONE	and TWO	THREE	And FOUR	FIVE..
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



ADDUCTOR'S FLEXIBILITY AND ANTAGONIST STRENGTH	Without pause, fast motion for arms and legs	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms -Straight back	Number of repetitions	10	20	30	40



COUNT

ONE

and TWO

THREE

And FOUR

FIVE..

# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES




ABDOMINAL STRENGTH	With 3 second pause during abdominal position	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms -Control of abdominal position	Number of repetitions	20	20	30	30



COUNT	ONE	and hold 1,2,3	and TWO	and hold 1,2,3	And THREE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES

ACTIVE FLEXIBILITY WITH BALISTIC MOTIONS	Without pause, fast	12 years old and under	13- 15 years old	Juniors	Seniors
 <p><b>INSTRUCTIONS</b>  <i>-Legs together and extended,</i>  <i>-Toes pointed</i>  <i>-Extended arms</i>  <i>-Control of abdominal strength</i>  <i>-Switch legs each time from Back Layout Position - Back is always in contact with ground</i>  <i>-Hands in full contact with the ground</i></p>	Number of repetitions	20	20	30	30



COUNT	AND	ONE	AND	TWO	And ...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES

CONCENTRIC AND ECCENTRIC STRENGTH FOR ABDOMINAL MUSCLES	With pause at top in Pike Position, and control UNTIL Back Layout Position	12 years old and under	13- 15 years old	Juniors	Seniors
	<p><b>INSTRUCTIONS</b></p> <ul style="list-style-type: none"> <li>-Legs together and extended</li> <li>-Toes pointed</li> <li>-Extended arms</li> <li>-Total control of abdominal tone</li> <li>-Back is always in contact with floor</li> <li>-Hands in full contact with the ground</li> </ul>	Number of repetitions	10	20	30
					
					
COUNT	AND	ONE	AND	TWO	AND ...

# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



CONCENTRIC AND EXCENTRIC STRENGTH FOR ABDOMINALS COMBINED WITH CANDELTICK POSTION	With pause at top on Candelstick position, and control until Pike position	12 years old and under	13- 15 years old	Juniors	Seniors
<p><b>INSTRUCTIONS</b></p> <ul style="list-style-type: none"> <li>-Legs together and extended,</li> <li>-Toes pointed</li> <li>-Extended arms</li> <li>-Total control of abdominal tone</li> <li>-Hands in full contact with the ground</li> </ul>	Number of repetitions	10	20	30	30



COUNT	AND	ONE	AND	TWO	AND ...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



CONCENTRIC AND ECCENTRIC STRENGTH FOR OBLIQUES COMBINED WITH PIKE POSITION	SLOWLY DOWN , PAUSE ON PIKE POSITION	12 years old and under	13- 15 years old	Juniors	Seniors
<p><b>INSTRUCTIONS</b></p> <ul style="list-style-type: none"> <li>-Legs together and extended,</li> <li>-Toes pointed</li> <li>-Extended arms</li> <li>-Total control of abdominal tone</li> <li>-Back/arms/hands in full contact with the ground</li> <li>-Control of legs</li> </ul>	Number of repetitions	10	20	20	30



COUNT	AND	ONE	AND	TWO	AND ...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



CONCENTRIC AND ECCENTRIC STRENGTH FOR OBLIQUES COMBINED WITH LEGS APART	SLOWLY DOWN, PAUSE ON PIKE POSITION (SWITCH)	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended, -Toes pointed -Extended arms -Total control of abdominal tone -Back/arms/hands in full contact with the ground -Control of legs	Number of repetitions for each leg	10	20	30	30



COUNT	AND	ONE	AND	TWO	AND ...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



CONCENTRIC AND EXCENTRIC STRENGTH FOR ARCH POSTION	DYNAMIC COUNT	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended, -Toes pointed -Extended arms -Total control of abdominal tone -Shoulders and heels in full contact with the ground	Number of repetitions	10	20	20	30



COUNT	ONE	TWO	THREE	AND ONE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES











CONCENTRIC STRENGTH FOR ABDOMINAL BELT	DYNAMIC COUNT	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Total control of abdominal tone -Total control of joined knees during tuck position	Number of repetitions	20	20	30	30



COUNT	ONE	TWO	THREE	AND ONE...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES

	ARCH POSTION COMBINED WITH TRICEPS STRENGTH	DYNAMIC COUNT	12 years old and under	13- 15 years old	Juniors	Seniors
  	<p><b>INSTRUCTIONS</b></p> <ul style="list-style-type: none"> <li>-Legs together and extended,</li> <li>-Toes pointed</li> <li>-Extended arms in push up position</li> <li>-Total control of joined heels</li> </ul>	Number of repetitions	10	10	20	20
    	ONE	TWO	THREE	FOUR	AND ONE ...	
COUNT						

# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



ARCH POSTION COMBINED WITH LUMBAR STRENGTH	DYNAMIC COUNT	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms -Total control of joined heels	Number of repetitions	10	10	20	20



COUNT	ONE	TWO	THREE	FOUR	AND ONE ...
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# USA SYNCHRONIZED SWIMMING WARM-UP ROUTINES



SHOULDERS STRENGTH (INJURY PREVENTION)	SLOW COUNTING	12 years old and under	13- 15 years old	Juniors	Seniors
<b>INSTRUCTIONS</b> -Legs together and extended -Toes pointed -Extended arms -Total control of joined heels -Relaxed breathing	Number of repetitions	20	20	20	20



COUNT	ONE	TWO	THREE	FOUR	AND ONE ...
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AND NOW....  
IT'S YOUR TURN !  
HAVE FUN !



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