

Water Polo Preparation Routine

Scope of Warm-Up

1. *Activation*
2. *Warm-Up Routine*
3. *Flexibility Routine (Performed after trainings and games)*

1. Activation Routine

| Exercise | Sets x Reps | Purpose |
|------------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <i>Rotator Cuff (90° & 0°)</i> | <i>2x10/arm/angle</i> | <i>These exercises will activate the muscles involved in throwing, swimming and egg-beating so as to reduce injury incidence.</i> |
| <i>Exercise Band Walks</i> | <i>2x5m/side</i> | |
| <i>In-Out → Out-In</i> | <i>2x5m/exercise</i> | |

2. Warm-Up Routine

| Exercise | Sets x Reps | Purpose |
|------------------------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>4-count Jumping Jacks</i> | <i>25 reps</i> | <i>This exercise will raise the heart rate and core body temperature in preparation for the rest of the land warm-up in the lead up to water time.</i> |
| <i>Theraband ‘Y’ Pulls</i> | <i>2x8</i> | <i>These exercises will provide dynamic stretching to shoulder joints to prepare the body for swimming and to reduce injury incidence during training and games.</i> |
| <i>Theraband ‘T’ Pulls</i> | | |
| <i>Theraband ‘I’ Pulls</i> | | |
| <i>Theraband Lat Pulls</i> | | |
| <i>Theraband Throws</i> | <i>2x8/arm</i> | |
| <i>Push Ups</i> | <i>20 reps</i> | <i>This exercise will prepare the upper body for swimming, scrimmaging and shooting performed during games and trainings.</i> |
| <i>Burpee Jumps</i> | <i>15 reps</i> | <i>This exercise will prepare the body for the large amounts of vigorous work done while treading water and swimming.</i> |

3. Flexibility Routine (Stretches)

Chest



Quadriceps



Upper Back



Hamstring



Lower Back



Glute



Lat



Adductor



Bicep



Calf



Triceps

