

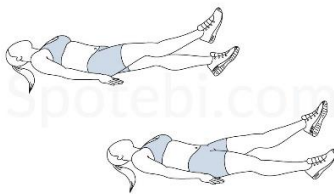
Every paddle can take you further...

Check out [the video](#), and don't forget to warm up & down | Thanks to Matt (Wolfie) at [Mor Swim Cornwall!](#)



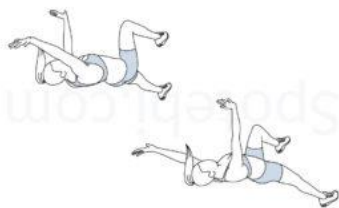
1. Superman

Start from hands and knees.
Raise your left arm and right leg parallel with your back.
Hold briefly then lower.
Repeat with opposite arm & leg.



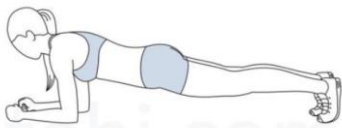
3. Flutter Kicks

Lay on your back, legs elevated.
Gently alternate kick legs (like front crawl).
Move legs from the hip, avoid bending knees.



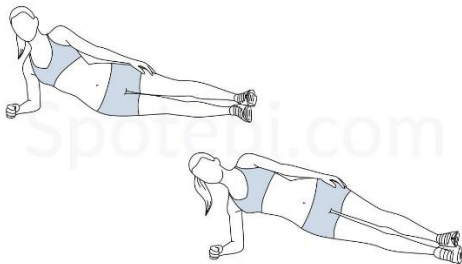
5. Reverse Superman

Like superman but on your back.



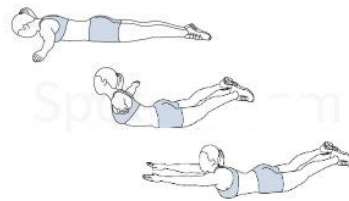
7. Plank

Strong core, lift and hold.



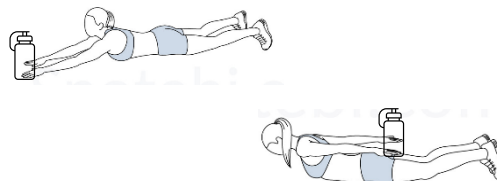
9. Side plank raises

Start with your hip on the floor, chest lifted from elbow bend. Lift hip and lower with control.



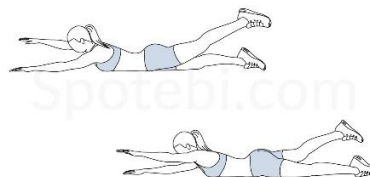
2. Back Extension

Start face down, arms outstretched (bent elbows).
Lift chest and legs.
Arms forward to touch, then back to outstretched.
Lower body with control.



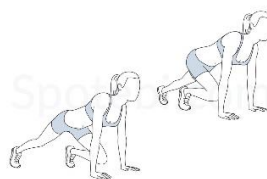
4. Pass the bottle

Start face down, arms extended, hold water bottle in one hand.
Pass arms behind your back swapping water bottle to other hand.



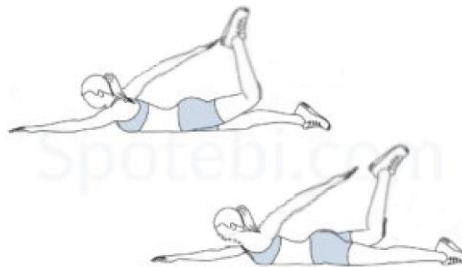
6. X-Lift

Like superman but laying prone.



8. Mountain Climbs

From a sprint start, rapidly alternate legs.



10. Sole taps

Like X-Lift but try to tap the soles of your feet with the opposite arm.