



7 Resistance Band Exercises for Swimming

1. Single arm (freestyle pull-back): Hold the cords in front of you and stand far enough away to create some tension. Bend at the waist and lower your head. Pull your arms down to your sides doing the actual swim stroke. Be sure to start the pull phase with your palms and forearms, keep the elbows up and pointed out and at your shoulder line. Finish the stroke with your hands past your hips.
2. Inside pulls for rotator cuff: With the band at shoulder height, stand so the band is taut, but not strained. Put your elbow in a 90 degree position. Keep the elbow tight against the body and pull the arm so it crosses the body.
3. Outside pulls for rotator cuff: Same as inside pulls but start with the arm across the body and pull the arm to the outside. Be sure to keep the 90 degree bend and the elbow up against the body.
4. Tricep pull-back: Start the same way as the single arm, but keep your elbows tucked to your sides and press your arms behind you. Be sure to squeeze the muscles at the back of your arms at the end of each stroke.
5. Chest fly: Stand upright with your arms outstretched in front of you and the cords in front of you with just a little tension. Keep your arms at chest height and pull both arms straight back, elbows up until your hands are in line with your shoulders.
6. Reverse fly: Similar to the chest fly, but face away from the cords. Start with your hands near your shoulders and push all the way forward and lock the elbows. Be sure to keep your elbows up and facing outward throughout the push.
7. Outward pulls: Stand on the band with both feet and rest your arm at your side. Then lift your arm straight out toward the side while keeping the elbow locked. Pull all the way up to shoulder height, then lower back down and repeat.