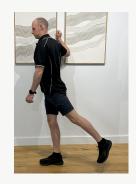


## PRE SWIM EXERCISES

**Leg Kicks** 





**Chest Stretch** 



**Shoulder Activation** 





**Bow and Arrow** 





**Towel Extension** 



1-3 Burnt Street, Seaforth
02 9907 9667
info@activeanswershealth.com.au