



JP1 Pre-Pool

Exercise	Sets	Reps	Rest
Star Jumps	4	30 Seconds	15 Seconds
Arm Openers	2 per side	10	NA
Thoracic Rotation	2 per side	10	NA
Hamstring Mobilisation	2 per side	10	NA
Squats	4	10	15 Seconds

Arm Opener



Thoracic Rotation



Hamstring Mobilisation





JP1 Post-Pool

Exercise	Sets	Reps	Rest
Calf Stretch	3 per side	30 Seconds	NA
Chest Stretch	3 per side	30 Seconds	NA
Hip Abductor Stretch	3	30 Seconds	NA
Hamstring Stretch	3	30 Seconds	NA
IR Hip Stretch	3 per side	30 Seconds	NA

Calf Stretch



Chest Stretch



Hip Abductor Stretch



Hamstring Stretch



Internal Rotation Hip Stretch

