

DIVE STARTS DRILL PROGRESSION FRAMEWORK

Part 1e: Land Mobilisation and Activation: Example Pre-Pool Flow

The program below, demonstrates how the exercises can be suitably sequenced into a flow routine. The benefits of completing a flow routine is that you can target multiple areas of the PRIME warm-up in a time efficient manner.

EXERCISE	FOCUS OF THE EXERCISE	
PANCAKE POSE	MOBILIZE THORACIC SPINE, LUMBAR SPINE, GLUTES & HAMSTRINGS	
DOWNWARD FACING DOG	MOBILIZE THORACIC SPINE, GLUTES & HAMSTRINGS	ACTIVATE SHOULDER
SPIDERMAN T-SPINE ROTATION	MOBILIZE THORACIC SPINE, HIP FLEXORS, GLUTES, HAMSTRINGS	ACTIVATE TRUNK & SHOULDER
HIGH LUNGE / SPLIT SQUAT	MOBILIZE HIP FLEXORS	ACTIVATE TRUNK, QUADS & GLUTES
ARABESQUE		ACTIVATE TRUNK, GLUTES & HAMSTRINGS
DEADBUGS		ACTIVATE TRUNK
VIDEO HYPERLINK	https://www.youtube.com/watch?v=d258ij8DPuc	

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1. Pancake Pose

From standing, spinal roll movement hang head and arms heavy, knees bent slightly. Wrap arms around the back of knees. Tummy flat on thighs. Try to straighten knees.
Hold stretch for **10-15 sec.**
Repeat movement **5 times.**



2. Downward Dog

Lead with hips as high as possible, push through hands. Push chest towards thighs. Knees can have a slight bend
Move through positions. Hold top position for **15secs.**
Repeat **5 reps.**



3. Spiderman T-Spine Rotations

From press up position, bring one leg up to meet outside of hand, rear leg straight and hips low.
Drop elbow down to foot and rotate towards knee to ceiling. Head follows hand. Hold position at top for **15sec.**
5 reps each a side.

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4. High Lunge Split Squat

From spiderman position, lift hands off floor to stand up into low lunge.

feet hip width apart, pelvis tucked under. Knee should not cross over toes or cross the midline.

8 reps each leg.



5. Arabesque

Begin in A-Balance - foot flexed directly under knee. knee at 90 degrees.

Begin arabesque movement by hinging at the hips. Lead with heel on unsupported leg, chest drops forward.

Shoulders and hips stay aligned and forward facing. Keep hips level.

1 set 5 reps each side.



6. Dead Bugs

Back must be flat and in contact with floor at all times throughout movement.

Alternate arms and legs lowered simultaneously.

1 set 20 reps