**Workout 4 – learning to do things on your own**

Ankle Flexibility

We stand at 90 degrees – our ankles need more flexibility – will make for better kicking

1. Measure your vertical jump – best out of 5
2. Sitting on floor – legs straight – first do right foot, then left foot, then both feet – for 1 minute each - Point toes towards floor – hold for 3 seconds, relax for 1 second (keep back of leg on ground)
3. Sitting on floor, wrap a towel, band, dog leash, etc. around your foot. Right foot first, then left foot, then both feet - for 1 minute each - Point toes towards floor – hold for 3 seconds, relax for 1 second (keep back of leg on ground)
4. Jump ups – find something to jump up on, make sure it is stable (can use a step) – 1 minute
5. Sit on ankles for 1 minute

Repeat 3 times

Hand, Wrist, Forearms

When swimming freestyle, elbow should always be in front of your eye and hand pushes water back from beginning of stroke – elbow stays on top of water

1. Stand in front of mirror – air swim trying to maintain good position with arms and head– perform for the time of your 200 - freestyle swim – see if position can be maintained for entire time without dropping elbows – work from here
2. Arm rotators –
   1. to the side – 1 minute and switch directions
   2. over-head – 30 seconds – switch directions
3. on bench – swim freestyle for time of 200 swim – use mirror if possible – try to maintain good position throughout swim
4. Wrist curls – 1 minute
5. With 1 – 5 lbs weight or can of beans, etc. – move arm back and forth like a windshield wiper – 1 minute on each arm
6. Rubber band around fingers (all 5) – push out and relax – 1 minute on each hand
7. With a grip master, had cruncher, tennis ball – squeeze and release for 1 minute – repeat for each hand
8. Forearm curl – with 1 – 5 lb weight or can of whatever, sit on bench or chair and stabilize forearm on leg – curl hand while stabilizing forearm – 1 minute – with same arm, forearm extension (go in opposite direction, palm facing down) – 1 minute – repeat for other arm
9. Bucket of sand or rice – both hands in side – open and close for a minute (save for later – do not eat if using rice)