

3-MINUTE MOVEMENT RESET BETWEEN SESSIONS*

When meet down time permits • Move • Refocus • Return



RESTORE • RELAX • REVIVE THROUGHOUT THE MEET

1



Stand + head mobility

Stand tall. Turn your head gently to one side then other, next look up & down.

0:00–0:10 (10 secs)

4



Roll the shoulders

Roll up, back and down with relaxed arms & easy breathing.

1:30–2:00 (30 secs)

2



Twist right + left

Stand or sit; turn gently through the torso. Keep hips forward; never force the range.

0:10–0:30 (20 secs)

5



Rotate hands + wrists

Open & close the fingers; circle each wrist in both directions.

2:00–2:30 (30 secs)

3



Walk around the table

Take a brief, easy-paced lap without disrupting meet flow or sight lines.

0:30–1:30 (30 secs)

6



Move ankles + feet

Pump ankles up & down; add gentle circles, toe spreads & taps if comfortable.

2:30–3:00 (30 secs)

RESTORE • RELAX • REVIVE THROUGHOUT THE MEET

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|---|---|---|---|
|  HYDRATE
Keep water accessible; drink regularly. |  VISUAL RESET
Look across the gym; blink fully; make figure 8's with your eyes |  BREATHE
Inhale 4 cts, then exhale 8 cts Slow & comfortable; avoid breath-holding. |  FOOT COMFORT
Change position; if comfortable add toe spreads & taps |
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**DISCLAIMER: General wellness education only - not medical advice or a substitute for individualized care. Consult a qualified healthcare professional if you have health concerns or movement restrictions. Move comfortably; stop for pain, dizziness, numbness or unusual shortness of breath.*