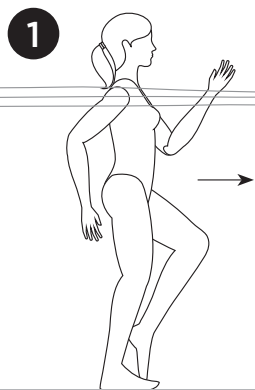
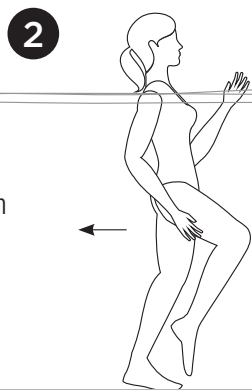


# aquatic exercises

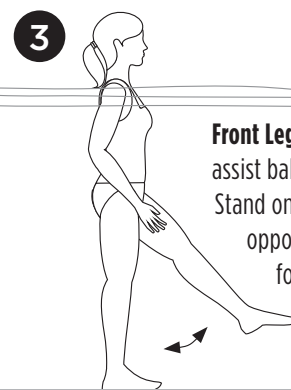
EXERCISES For each exercise, do 1-2 sets of 10-12 reps each. Switch sides if appropriate.



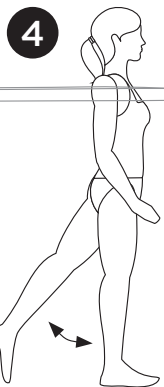
**1 Forward Walk:** Step forward. Strike pool bottom with heel, rolling through the foot. Bring other leg forward.



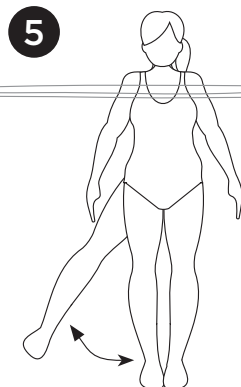
**2 Backward Walk:** Step backward. Strike pool bottom with toes or ball of foot, rolling back through the foot. Bring other leg backward.



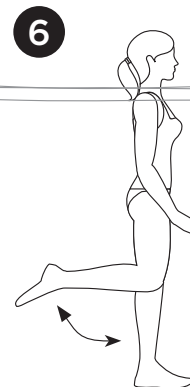
**3 Front Leg Lift:** Use wall to assist balance if needed. Stand on one leg while lifting opposite straight leg forward and up.



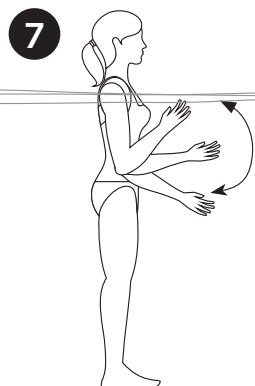
**4 Back Leg Lift:** Use wall to assist balance if needed. Stand on one leg while lifting opposite straight leg backward.



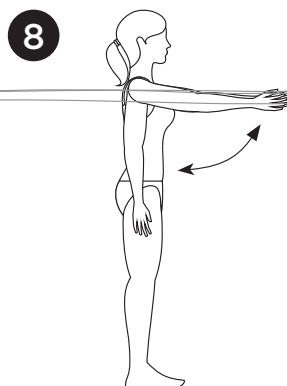
**5 Side Leg Lift:** Use wall to assist balance if needed. Stand on one leg while lifting opposite straight leg out to side. Pull leg down to starting position.



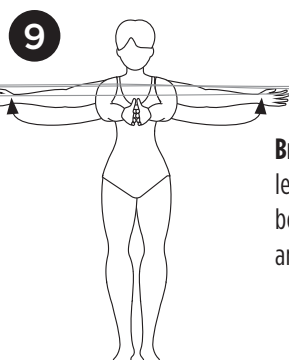
**6 Hamstring Curl:** Use wall to assist balance if needed. Lift heel toward buttocks, keeping knee straight down from hip. Straighten knee, pushing foot down to starting position.



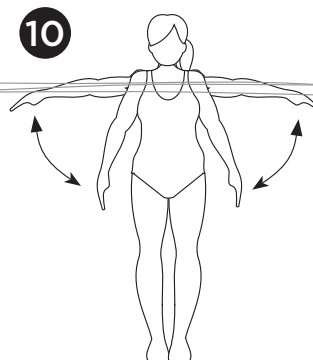
**7 Biceps/Triceps:** Hold arms at sides, palms forward. Bend both elbows, bringing hands toward shoulders. Straighten to starting position.



**8 Front Arm Raise:** Hold arms at sides, thumbs forward. Lift both arms forward to chest level. Slowly lower to starting position.



**9 Breaststroke:** Hold arms forward at chest level, elbows straight, thumbs up. Move both arms apart, out from midline. Move arms forward to starting position.

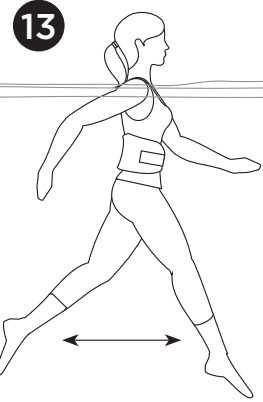
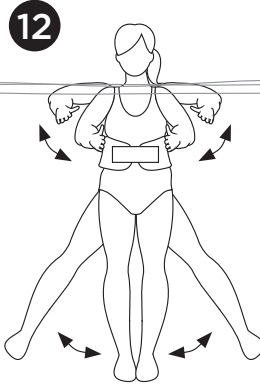
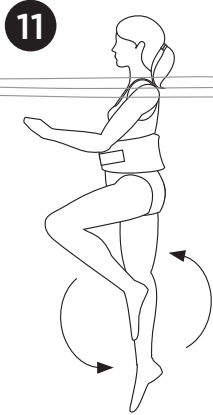


**10 Side Arm Raise:** With arms at sides, thumbs forward, lift both arms out from sides to chest height. Pull arms down to starting position.

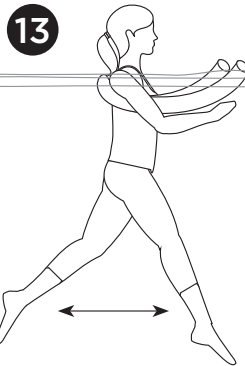
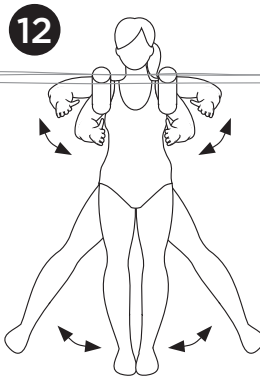
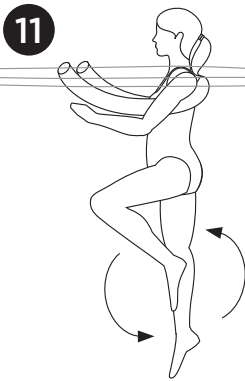


## EXERCISES (continued)

with flotation belt



with noodle



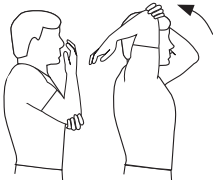
**Bicycle:** Move legs as if bicycling, bending each at hip, knee, and ankle.

**Jack:** Move legs and arms apart, then pull together.

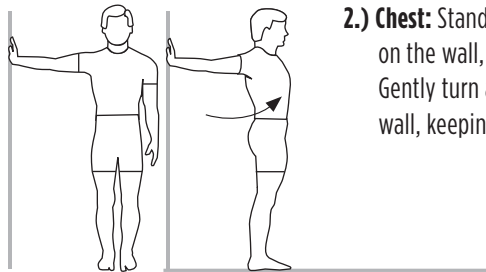
**Cross Country Ski:** Move as if cross-country skiing. Move forward with leg and opposite arm as other arm and leg move back. Movement should be primarily from hips and shoulders.

## STRETCHES

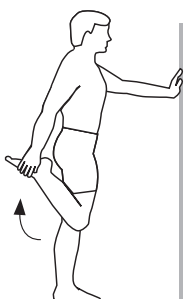
Hold each stretch 2-3 times for 20-30 seconds each. Switch sides.



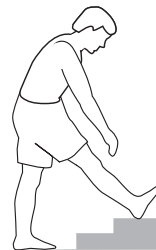
**1.) Tricep:** Reach one arm up to ceiling, keeping your shoulder relaxed. Bend your elbow placing your hand toward the middle of your back. Use your opposite hand to apply gentle pressure to elbow to deepen the stretch.



**2.) Chest:** Stand with one hand on the wall, thumb up. Gently turn away from the wall, keeping back straight.



**3.) Quads:** Stand on one leg, using the wall for balance. Raise heel of leg to be stretched towards buttocks. Reach behind you with one hand and grasp your raised foot. Gently pull your heel toward your buttocks.



**4.) Hamstring:** Place the heel of one foot on a stair with toe up. Gently lean forward, using the railing or wall for balance.

