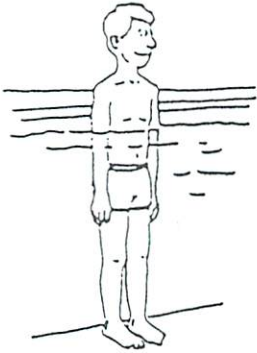




POOL EXERCISES

STAND IN WATER CHEST DEEP — BACK AGAINST POOL WALL



1. PELVIC TILTS

Tighten stomach muscles and by pulling the pelvis up and back, shorten the distance between the hip bones and ribs.

Repeat 15 times.

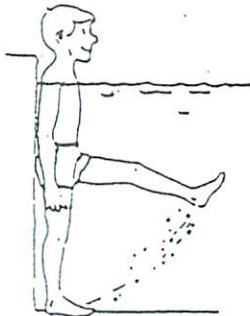
BEGIN ALL EXERCISES BELOW WITH THE PELVIC TILT



2. SINGLE KNEE TO CHEST

Grasp one knee and pull to chest.

Repeat 15 times each leg.



3. STRAIGHT LEG RAISE

Keep knee straight. Start out with leg low and raise as tolerated.

Repeat 15 times each leg.



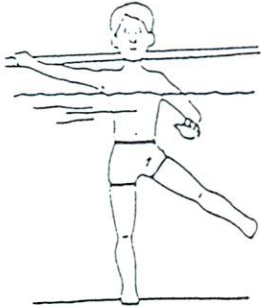
4. LEG CROSS OVERS

Begin with leg out to side and cross over front of other leg.

Repeat 15 times each leg.

BEGIN ALL EXERCISES BELOW WITH THE PELVIC TILT

STAND SIDWAYS TO POOL WALL — LEAN ONLY ON HAND, NOT ON POOL WALL



1. SIDE LEG RAISES

With knee straight and toes pointed down, raise leg from hip.

Repeat 15 times each leg.

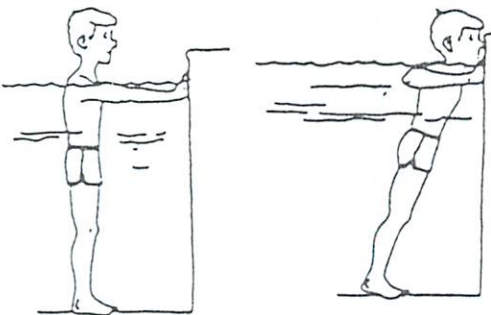


2. SIDWAYS LEG CIRCLES

With knee straight and toes pointed down, raise leg from hip out to side and circle forward, then backwards.

Repeat 15 times each leg each direction.

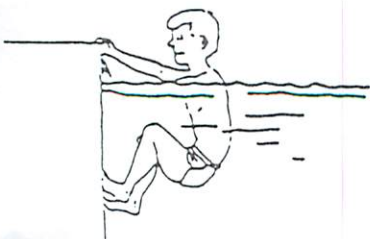
STAND FACING POOL WALL



1. WALL PUSH-UPS

Start with feet at arm's length from pool wall and elbows straight. Keeping back straight and tight, bend elbows, lowering chest to wall.

Repeat 10 times.



2. WALL CLIMBS

Start at bottom of wall, climbing up wall to tolerance, then bend knees and hang for 5 seconds.

Repeat 5 times.