

Basic Aquatic Exercise Program

Exercise:

Partial Squats



THE WATER SHOULD BE AT CHEST LEVEL. STAND AND HOLD THE SIDE OF THE POOL WITH FEET SHOULDER WIDTH APART. SQUAT DOWN UNTIL THE WATER IS AT NECK LEVEL THEN RETURN TO THE STARTING POSITION.

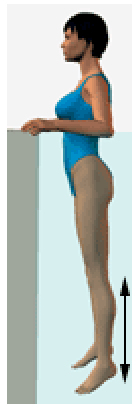
Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Heel Raise



THE WATER SHOULD BE AT CHEST LEVEL. RAISE YOUR HEELS OFF THE GROUND ROLLING ONTO THE BALLS OF YOUR FEET.

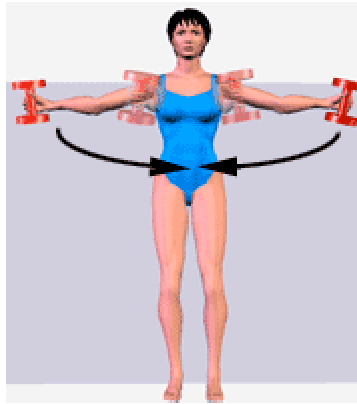
Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Horizontal Fly



KEEP YOUR ELBOWS STRAIGHT AND BRING YOUR HANDS TOGETHER AS ILLUSTRATED WHILE HOLDING ONTO FOAM OR PLASTIC DUMBBELLS. KEEP THE DUMBBELLS OR PADDLES SUBMERGED JUST BELOW THE WATER LINE.

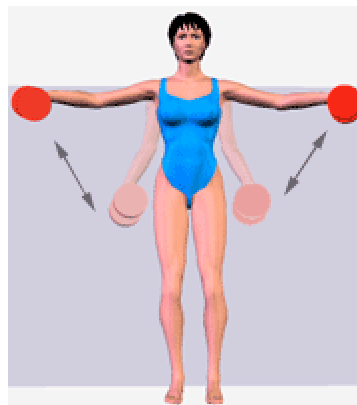
Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** Paddles

Sessions: 1 /day

Exercise:

Lateral Raise



KEEP YOUR ELBOWS STRAIGHT AND RAISE YOUR ARMS OUT TO THE SIDE AS ILLUSTRATED WHILE HOLDING ONTO FOAM OR PLASTIC DUMBBELLS.

Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** Paddles

Sessions: 1 /day

Exercise:

Arm Curls



WITH YOUR PALMS FACING UP CURL YOUR FOREARMS UP BRING THE DUMBBELLS TOWARD YOUR CHEST AND THEN RETURN TO THE ORIGINAL POSITION. NOTE ONLY THE FOREARMS MOVE NOT THE ARMS.

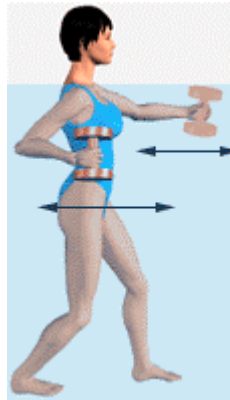
Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** Paddles

Sessions: 1 /day

Exercise:

Push and Pull



STAND WITH ONE FOOT IN FRONT OF THE OTHER AND SHOULDER WIDTH APART. PUSH ONE DUMBBELL OR PADDLE FORWARD WHILE PULLING WITH THE OTHER.

Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** Paddles

Sessions: 1 /day

Exercise:

Flutter Kick



WHILE FLOATING MAKE SMALL FLUTTER KICKS WITH THE LEGS AS ILLUSTRATED.

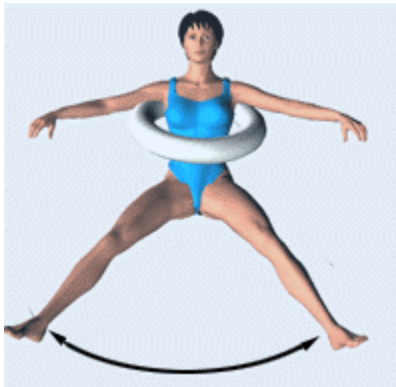
Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Side to Side Scissors



WHILE FLOATING SEPARATE THE THIGHS APART THEN BRING THEM TOGETHER IN A SCISSOR LIKE MOTION.

Repeat: 40 times **Sets:** 1

Hold Time: 0 secs **Resistance/Time:** 0

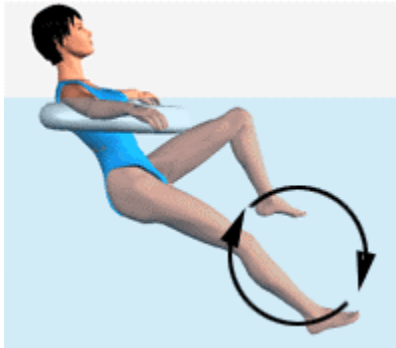
Sessions: 1 /day

Exercise ID:

476

Exercise:

Bicycle



WHILE FLOATING MOVE YOUR LEGS AS IF PEDALING A BIKE.

Repeat: 40 times

Sets: 1

Hold Time: 0 secs

Resistance/Time: 0

Sessions: 1 /day