

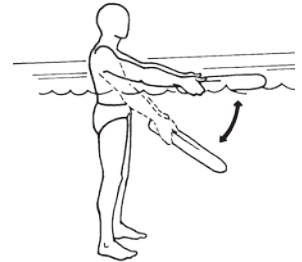
Aquatic Home Exercise Program – General

Try to begin each exercise with pelvis in neutral position and abdominals tightened. Use the edge of the pool to assist with balance. Maintain *neutral spine* throughout the following:

1. Pull Downs Equipment: _____

Stand with knees slightly bent and abdominals braced. Slowly push above equipment under the water and slowly raise it to the surface.

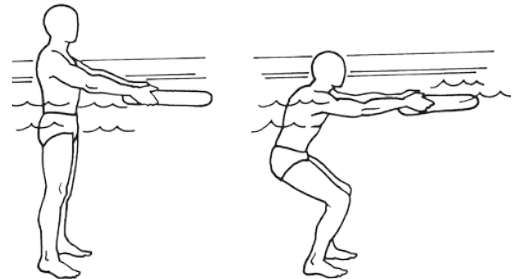
_____ sets _____ repetitions



2. Squats Equipment: _____

Standing with feet shoulder width apart, sit back like sitting in a chair. Don't let your knees go past your feet, and keep your leg perpendicular to the pool floor.

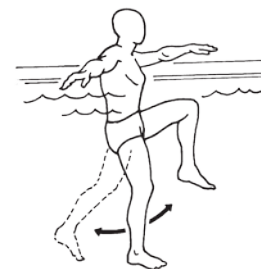
_____ sets _____ repetitions



3. Leg Lifts/Marching Equipment: _____

Lift one knee toward your chest. Hold five seconds. Then repeat with the other leg.

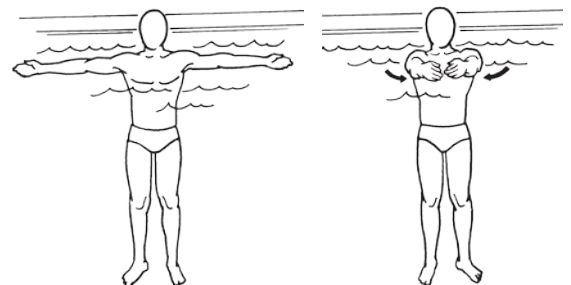
_____ sets _____ repetitions



4. Arm Press Equipment: _____

Stand in water above shoulder height, knees slightly bent and abdominals braced. Bring your arms apart and together at shoulder height.

_____ sets _____ repetitions

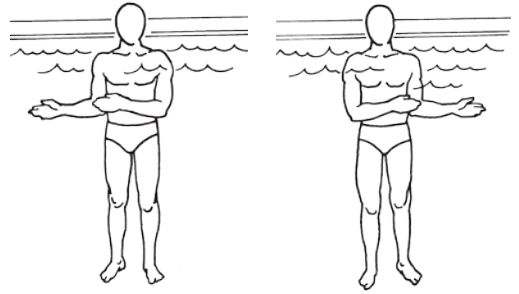


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5. Shoulder Rotation Equipment: _____

Stand in water above shoulder height, knees slightly bent and abdominals braced. Bring arms from right to left keeping elbows against your side.

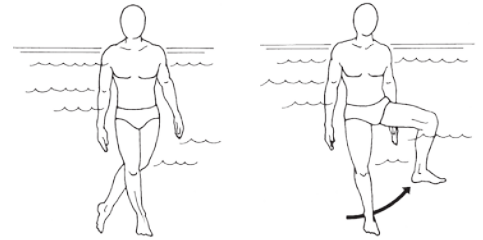
_____sets _____repetitions



6. Leg Diagonal Patterns

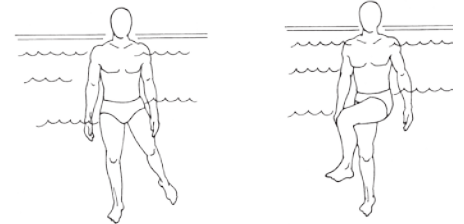
A. Begin with one leg crossed behind you with your toes pointed. Lift your leg forward and **out** as you bring your toes up and bend your knee/keep your knee straight.

_____sets _____repetitions each leg



B. Begin with one leg behind you and **out** to the side, with your toes pointed. Lift your leg forward and across your body as you bring your toes up and bend your knee / keep your knee straight.

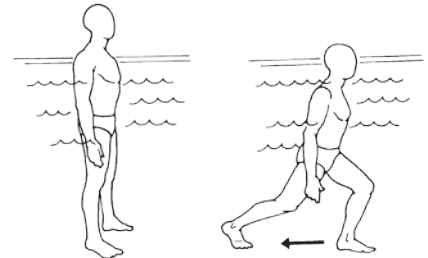
_____sets _____repetitions each leg



7. Step Back Lunges

Begin standing in water at least waist deep. Brace your abdominals as you lunge back with one leg. The front knee bends keeping the lower leg perpendicular to the pool bottom as you lower the back knee to the bottom. Keep your back straight (hip hinge) maintaining good posture. Bring your back leg forward, stand tall and repeat.

_____sets _____repetitions each leg



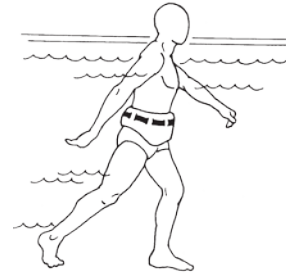
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8. Hip Abduction/Adduction

Stand facing the pool deck and hold on for balance. Keep hips and feet pointing directly at the wall. Lift your right leg out to the side as far as you can without bending your trunk to that side. Return right leg to starting position.

_____ repetitions _____ sets

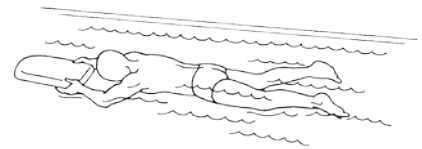
_____ repeat with left leg.



9. Kickboard With Face in the Water

Hold the kickboard in front of you, swim laps by kicking your legs from the hips (flutter kick). Do not kick from the knees. Turn your head to the side to breath.

Perform _____ laps



10. Front Crawl/Freestyle Swim

Perform _____ laps

