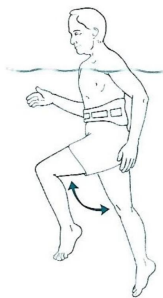


## Pool Routine

### *Level Two*

#### General Tips

- Position is vertical in water unless stated.
- Exercise in water deep enough so feet do not touch the bottom.
- Buoyancy equipment includes:
  - Flotation vests, buoyant dumbbells (hand held), flotation belts, “noodles”

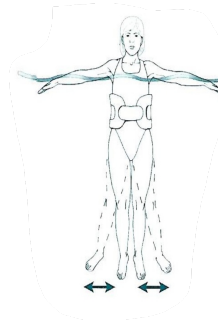


#### **Jog**

Move legs and arms as if jogging, arm forward with opposite leg, body at slight forward lean.

*Duration: 30 seconds*

*Repeat 3 times*



*Duration: 30 seconds*

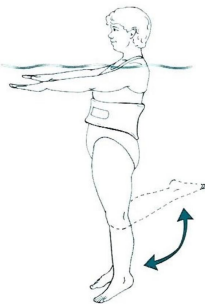
*Repeat 3 times*

#### **Hip Abduction/Adduction**

Move legs apart, then pull together. Keep knees straight.

*Repeat: 10 times each*

*Perform: 3 times*



#### **Knee Flexion/Extension**

Pull RIGHT/LEFT/BOTH heels toward buttocks, keeping knees straight down from hips. Straighten knees pushing feet down to start position.

*Repeat: 10 times each side*

*Perform: 3 times*

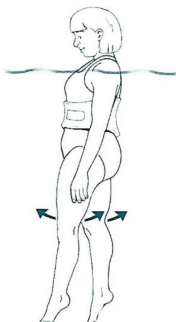


#### **Bicycle**

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

*Duration: 30 seconds*

*Repeat 3 times*



#### **Hip Flexion/Extension:**

##### **Flutter**

Move from hips, one leg forward the other backward in short “flutter” kicks.