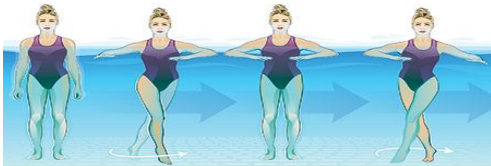


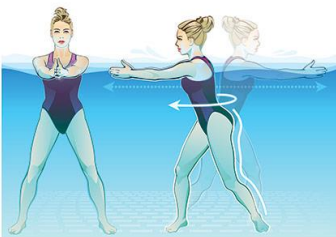
Water Walking Exercise Routine

WARM-UP: Slowly walk the length of the pool regular stride a few time to warm your muscles before beginning the routine below. ***Wearing water shoes is highly recommended for safety and stability.***

1. Walk the length of the pool with breaststroke swimming arms and return using the same movements.
2. Walk the length of the pool on your tiptoes with arms held out stretched to the front, return doing the same movements.
3. Turn to the side and walk the length of the pool sideways with jumping jack arms and return facing the same side using the same arm movements.
4. Walk backwards on heels repeatedly lifting elbows with arms bent at 90 degrees, parallel shoulders and lowering back to waist. Return using the same movement.
5. Grapevine walk the length of the pool. Return the same way.



6. Slowly walk the length of the pool with fingers clasped out front, pausing with each step to twist torso, alternating left and right. Return the same way.



7. Walk the length of the pool raising knees to chest alternating clapping hands under thigh and return using the same movements.
8. Walking backward slowly lift the right leg to the back and switch to the left leg, return walking forward lifting the right leg to the front and then the left leg.



9. Walk the length of the pool using a lunge walk, use a pool noodle for better stability if needed.



10. Jog the length of the pool facing forwards and return jogging backwards. (Do this twice)

Water Toning Exercise Routine

1. **Squats**-Holding onto the wall or bar slowly lower hips to a sitting position do 15-repetitions.
2. **Wall Push-up**- Place hands against wall or bar about shoulder width apart, body in plank position, and slowly lower chest to bar, do 15-repetitions.
3. **Plank**- Place hands against wall or bar and walk feet back until in a plank position, keep hips flat, lift heels off the floor, and hold for 30-60 seconds.
4. **Single-Leg Stance**- Turning to the side, place one hand on bar, lift foot off the floor, then remove hand from bar, and hold for 30-60 seconds. Repeat on other side.
5. **Side-Leg Lifts**- Turning to the side, holding on to the bar or wall, slowly lift leg out to the side, repeat on the other side, and do about 15-repetitions each leg.

Please contact Sherry at ext. 7331 with any questions.