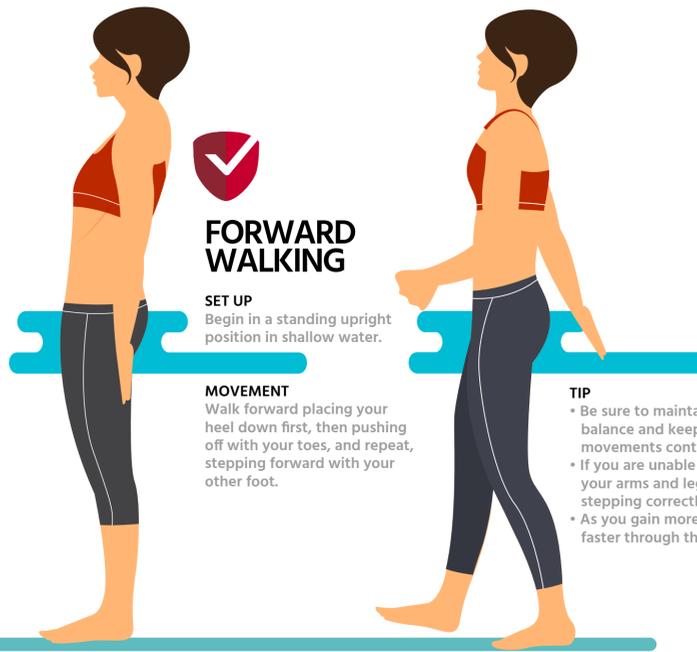


Simple Exercises for the Water

Next time you take a dip, add in these low-impact, tone-up exercises that are great for strengthening and toning your core.

ATI Physical Therapy specialists suggest performing each stretch three times (both sides, if applicable) and holding for 10-15 seconds. Be sure to keep breathing while you stretch.



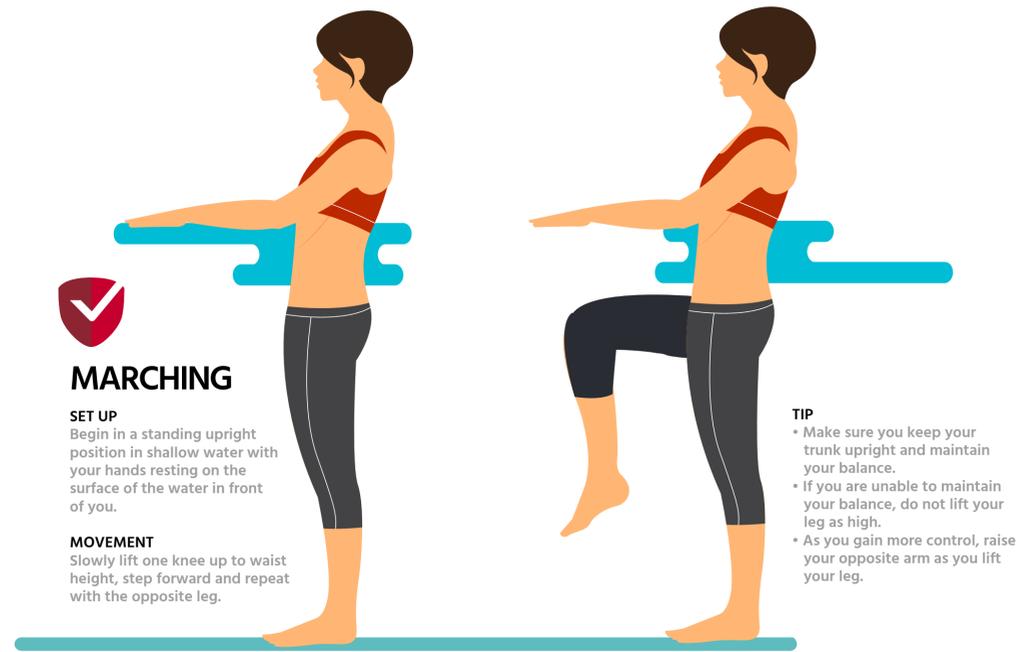
FORWARD WALKING

SET UP
Begin in a standing upright position in shallow water.

MOVEMENT
Walk forward placing your heel down first, then pushing off with your toes, and repeat, stepping forward with your other foot.

TIP

- Be sure to maintain your balance and keep your movements controlled.
- If you are unable to coordinate your arms and legs, focus on stepping correctly with your feet.
- As you gain more control, walk faster through the water.



MARCHING

SET UP
Begin in a standing upright position in shallow water with your hands resting on the surface of the water in front of you.

MOVEMENT
Slowly lift one knee up to waist height, step forward and repeat with the opposite leg.

TIP

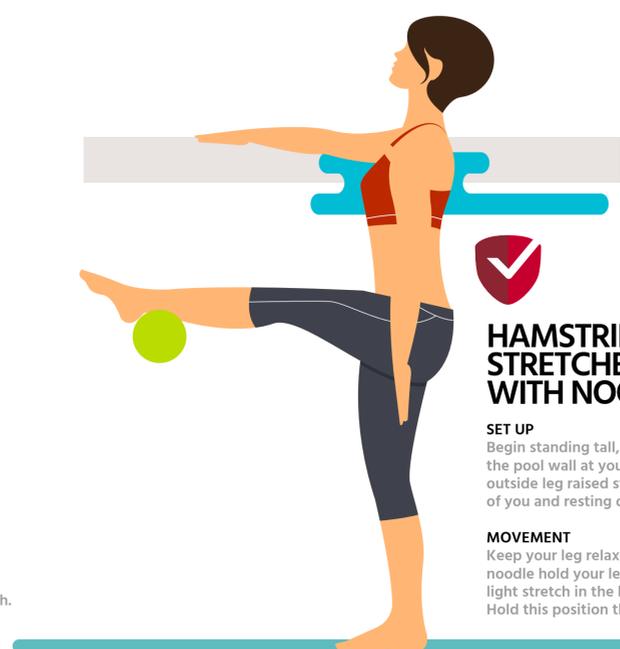
- Make sure you keep your trunk upright and maintain your balance.
- If you are unable to maintain your balance, do not lift your leg as high.
- As you gain more control, raise your opposite arm as you lift your leg.



HAMSTRING STRETCHES AT POOL WALL

SET UP
Begin standing in shallow water facing the pool wall with one leg extended straight forward resting on the wall.

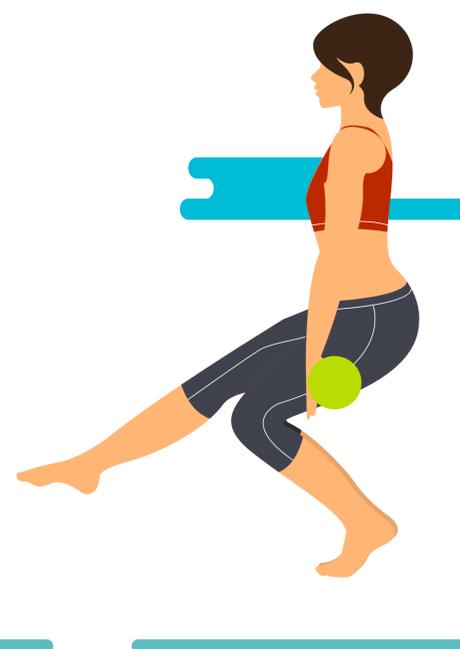
MOVEMENT
Lean forward into the wall, hinging at the hips, and keeping both legs straight until you feel a gentle stretch in the back of your leg. Hold this stretch.



HAMSTRING STRETCHES WITH NOODLE

SET UP
Begin standing tall, holding on to the pool wall at your side with your outside leg raised straight in front of you and resting on a pool noodle.

MOVEMENT
Keep your leg relaxed and let the noodle hold your leg up so you feel a light stretch in the back of your leg. Hold this position then relax and repeat.

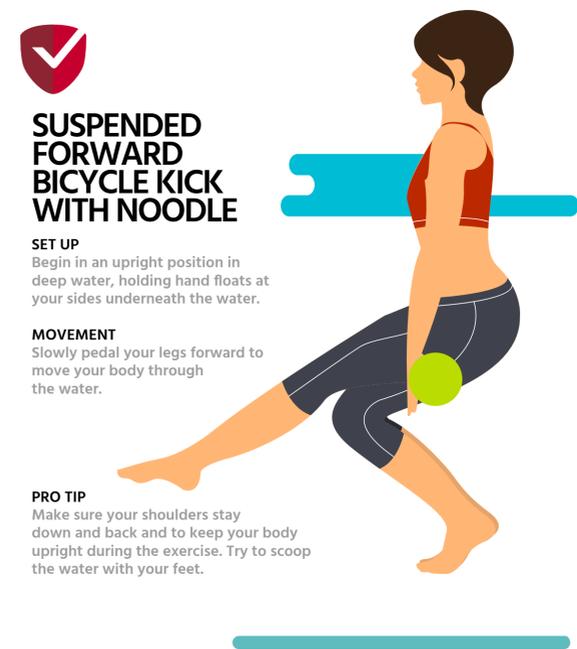
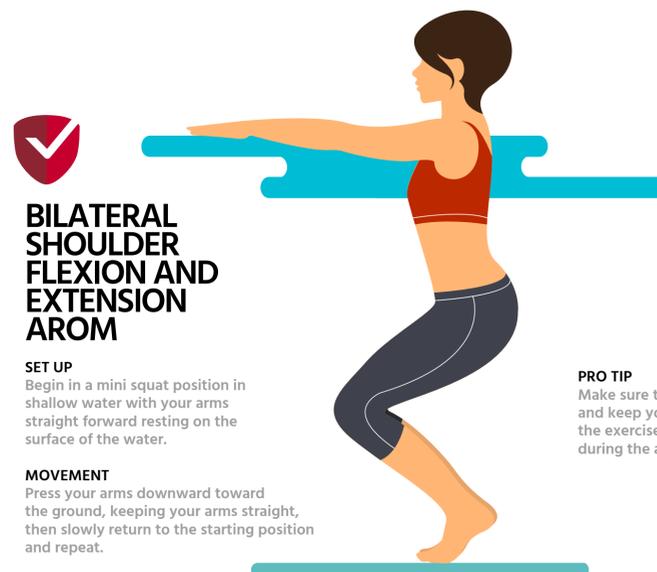


SUSPENDED FORWARD BICYCLE KICK WITH NOODLE

SET UP
Begin in an upright position in deep water, holding hand floats at your sides underneath the water.

MOVEMENT
Slowly pedal your legs forward to move your body through the water.

PRO TIP
Make sure your shoulders stay down and back and to keep your body upright during the exercise. Try to scoop the water with your feet.

BILATERAL SHOULDER FLEXION AND EXTENSION AROM

SET UP
Begin in a mini squat position in shallow water with your arms straight forward resting on the surface of the water.

MOVEMENT
Press your arms downward toward the ground, keeping your arms straight, then slowly return to the starting position and repeat.

PRO TIP
Make sure to engage your abdominals and keep your wrists straight during the exercise. Do not let your trunk lean during the arm movement.

