

# 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:**

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