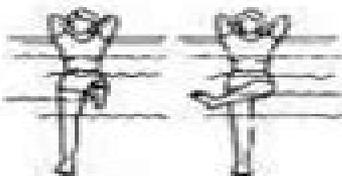


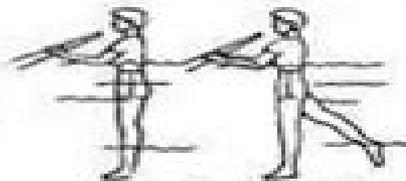
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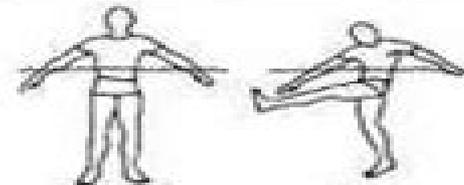
Side Leg Raises



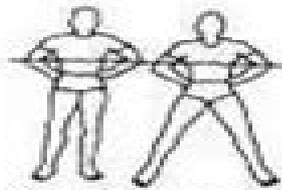
Leg Overs



Rear Leg Lifts



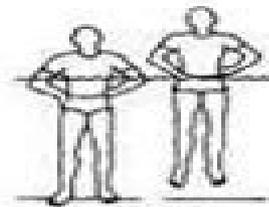
Alternate Toe Touch



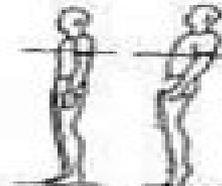
Side Straddle Hop



Side Hop



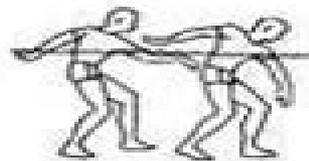
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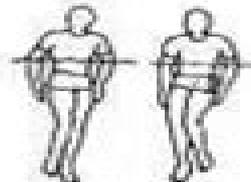
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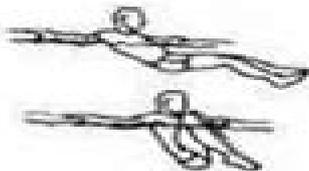
Walking Crawl



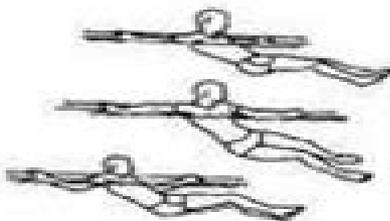
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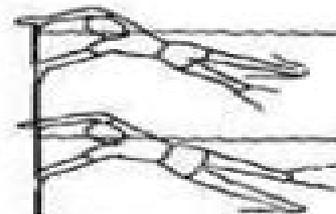
Bounding in Place



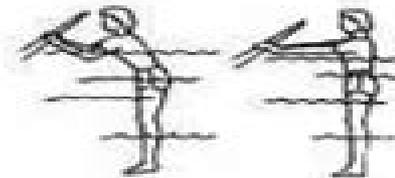
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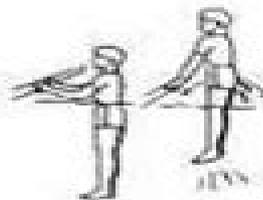
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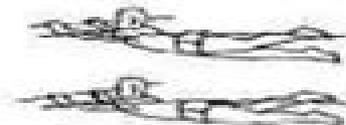
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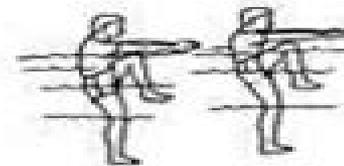
Gutter Push Ups



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The Engine

Basic Aquatic Exercise Program Physical Therapy

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