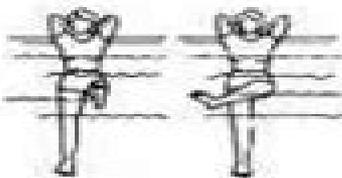


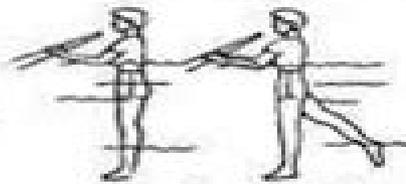
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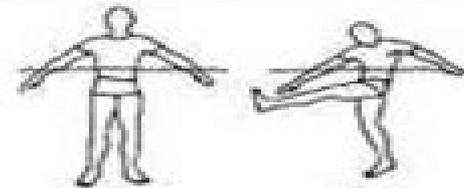
Side Leg Raises



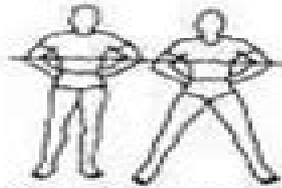
Leg Overs



Rear Leg Lifts



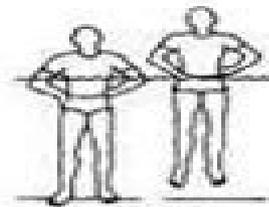
Alternate Toe Touch



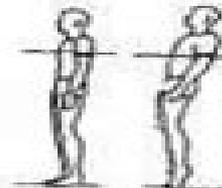
Side Straddle Hop



Side Hop



Bounce



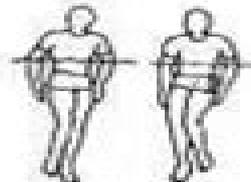
Raise on Toes



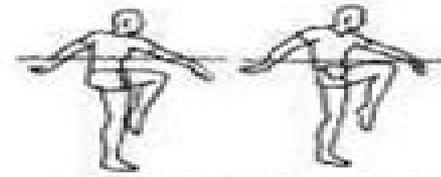
Side Bender



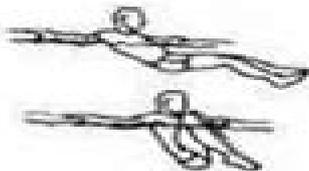
Walking Crawl



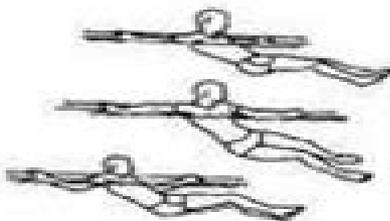
Bounding



Bounding in Place



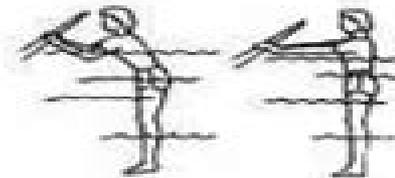
Poolside Knees Up, Supine



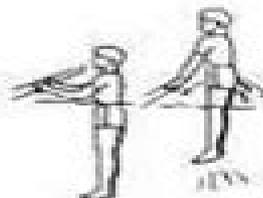
Twisting Legs Supine



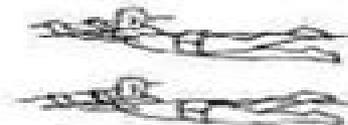
Scissors Kick



Push Away



Gutter Push Ups



Front Flutter Kick



Running



The Engine

Basic Aquatic Exercise Program Physical Therapy

Eric Shamus



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