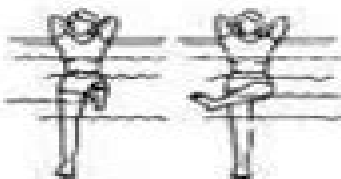


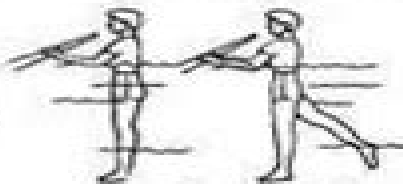
# AN AQUATIC EXERCISE WORKOUT CENTER



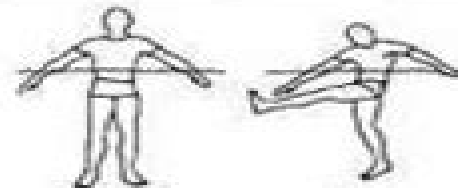
Side Leg Raises



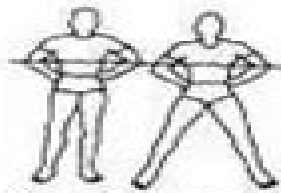
Leg Overs



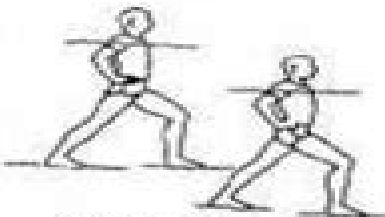
Rear Leg Lifts



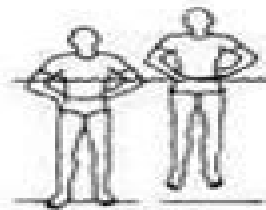
Alternate Toe Touch



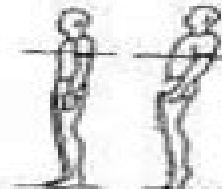
Side Straddle Hop



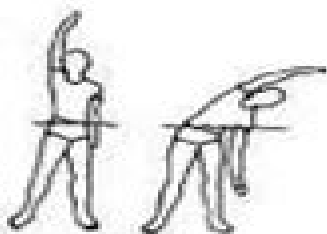
Side Hop



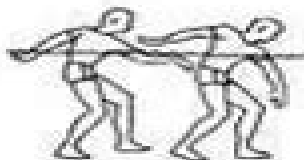
Bounce



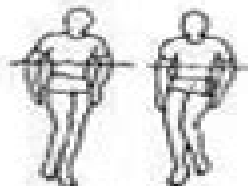
Raise on Toes



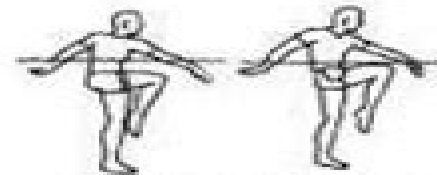
Side Bender



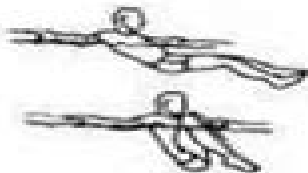
Walking Crawl



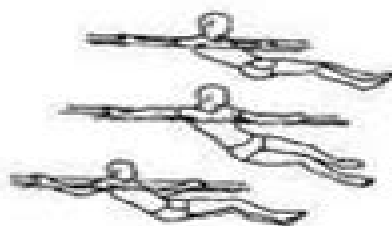
Bounding



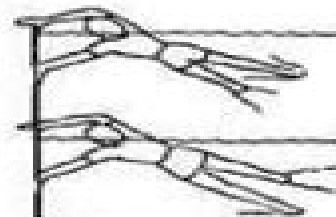
Bounding in Place



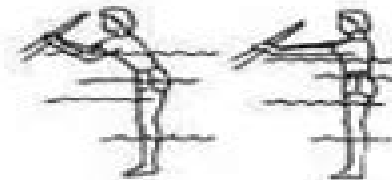
Poolside Knees Up, Supine



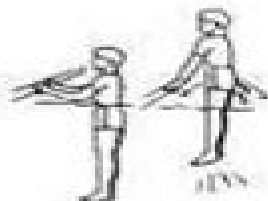
Twisting Legs Supine



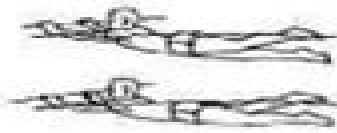
Scissors Kick



Push Away



Gutter Push Ups



Front Flutter Kick



Running



The Engine

# Basic Aquatic Exercise Program Physical Therapy

**Lori Thein Brody, Paula Richley  
Geigle, Paula Geigle**



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