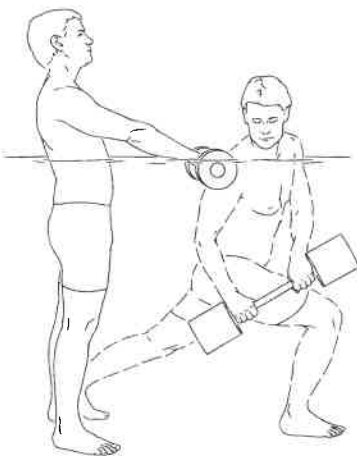


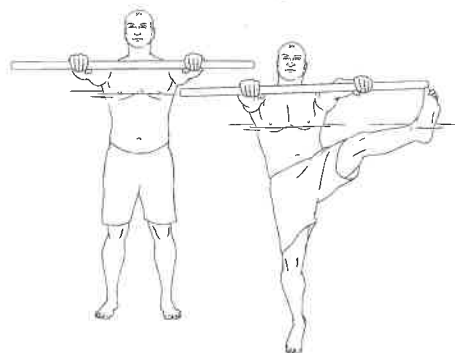
EQUIPMENT: WATER BUOY or NOODLE - Lunge With Chop

Lunge forward.  
Twist torso moving  
bar or noodle down and to  
outside  
of hip. Return bar to front.  
Step forward with other leg  
to start position. Alternate  
legs.



Perform 10-15 per side.

EQUIPMENT: NOODLE Walking with Side Kick

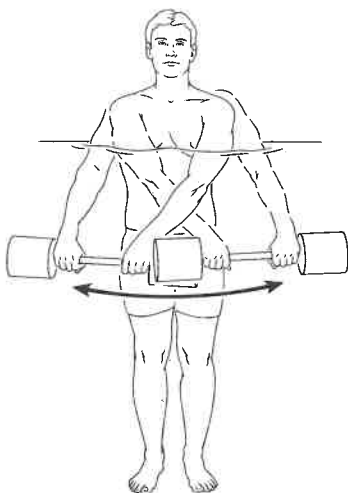


Stand, holding noodle in both hands at chest level. Kick one  
leg to the side toward end of noodle, then step forward with  
same leg. Alternate legs.

Repeat 10 times per leg. 1-2 sets.

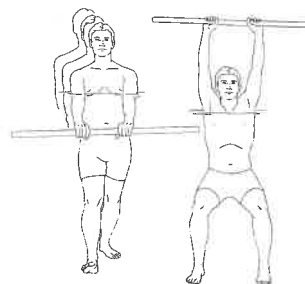
EQUIPMENT: WATER BUOY - Holding Buoy  
With Side / Side Motion

Hold buoy in front of  
thighs with both hands.  
Keeping arms straight  
and proper posture,  
move bar side to side.



Perform 10-20 reps.

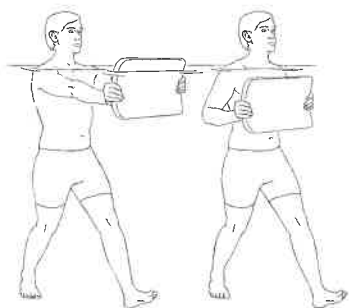
EQUIPMENT: NOODLE -Three Step Walking Squat  
With Noodle Overhead



Stand with arms forward, holding noodle horizontally  
on surface of water. Walk forward 3 steps. Bring noodle  
overhead, squat, return to stand bringing noodle to start  
position. Repeat sequence.

Perform 1-2 reps forward. Perform 1-2 reps backward.

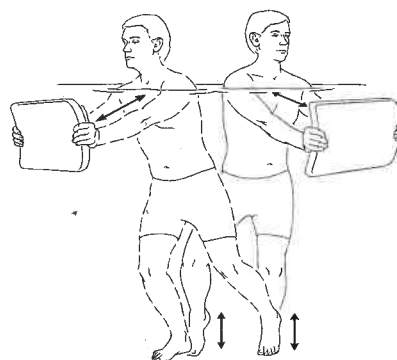
EQUIPMENT: KICKBOARD -  
Walking Kickboard Push / Pull



Step forward with one leg, stabilize abdominals, push and  
pull kickboard. Step forward with other leg and repeat  
push/pull.

Perform 1-2 laps. Perform 1-2 laps backward.

EQUIPMENT: KICKBOARD - Quick Alternating Feet With  
Plowing Kickboard Side / Side



Stand holding kickboard. Quickly step in place while  
pushing / pulling kickboard at 45° angles to each side.

Perform 15-30 seconds.