



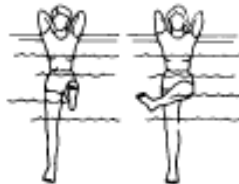
Blue Hills

SPORTS & SPINE
Rehabilitation

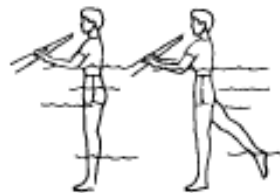
Pool Exercises



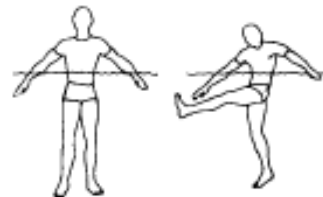
Side Leg Raises



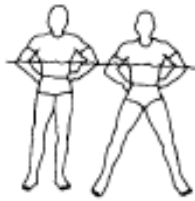
Leg Overs



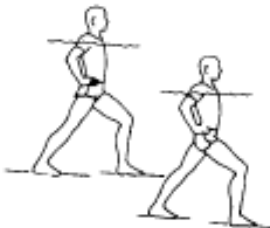
Rear Leg Lifts



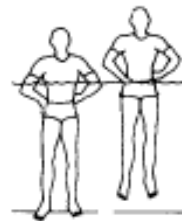
Alternate Toe Touch



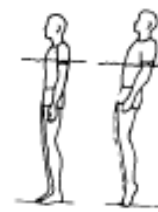
Side Straddle Hop



Stride Hop



Bounce



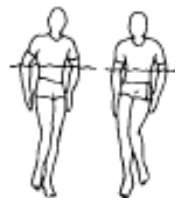
Raise on Toes



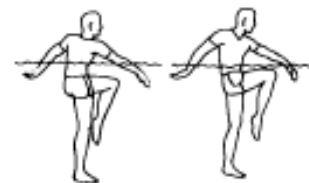
Side Bender



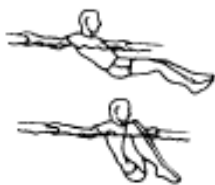
Walking Crawl



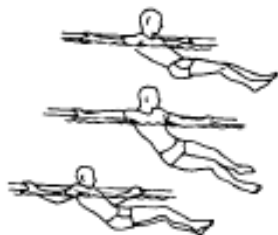
Bouncing



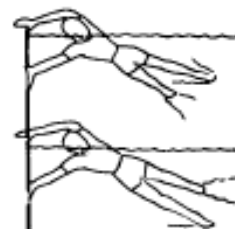
Bounding in Place



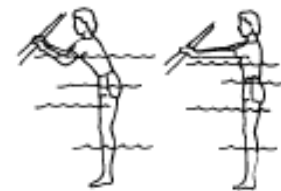
Poolside Knees Up, Supine



Twisting Legs Supine



Scissors Kick



Push Away



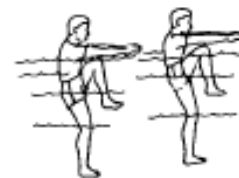
Gutter Push Ups



Front Flutter Kick



Running



The Engine



- 1) **Side Leg Raises:** Stand at the side of the pool, holding on to the edge. Lift one leg up and out to the side, then return it back to the starting position. This will work both the muscles on the outside of your hip and inside of your thigh.
- 2) **Leg Overs:** Standing with your back against the wall, bring one leg up to a 90 degree angle and then cross it over your body. Then bring it back to the starting position. This will help stretch hamstrings, work some abdominal muscles as well as the muscles on the outside of your hips and inside of your thighs.
- 3) **Rear Leg Lifts:** Standing facing the side of the pool and holding on to the edge, lift one leg straight back keeping good posture. Then return it to the starting position. This will work your glutes, hip flexors, low back muscles and abs.
- 4) **Alternate Toe Touch:** Standing in the water unsupported. Kick one leg up and across your body, trying to touch the toe with your opposite hand. Alternate sides. This will work hip/leg and abdominal muscles
- 5) **Side Straddle Hop:** Standing in the water with legs together. Kick one leg out to the side and hop to that direction. Bring legs back together and then hop the other direction. It will be harder in shallower water, easier in deeper water.
- 6) **Stride Hop:** Standing in water with legs together, hop and push one leg forward and then one leg backward at the same time. Alternate legs. Good for cardiovascular endurance as well as leg strength.
- 7) **Bounce:** Standing in the water with legs together, bounce up and down using your calf muscles to do most of the work. Shallower water will put more pressure on legs and make the exercise harder.
- 8) **Raise on Toes:** Standing in the water with legs together, raise up and down on your toes. If this is easy, try doing it on a single leg.
- 9) **Side Bender:** Standing in the water with feet shoulder width apart, raise one arm over your head and side bend your body to the opposite side. Alternate sides. Good for working your abdominal and back muscles.
- 10) **Walking Crawl:** Standing in the water at waist to chest deep, slowly walk while simulating a crawl stroke with your arms. Walk back in forth in the pool. A great way to work your upper body and get your heart rate up.
- 11) **Bouncing:** Standing in the water with feet together, hop up on one leg, landing on the other. Continue to alternate sides. Good for calf strengthening.
- 12) **Bounding In Place:** Starting with legs together, hop off one leg while driving the knee of the opposite leg towards the surface of the water. Land and then alternate sides. Its similar to running in place with a high knee gait.
- 13) **Poolside Knee Up/Supine:** Stand with back against the wall of the pool, arms along the top rail. Allow your body to float towards the surface and then pull both knees to your chest and then push the legs back straight. Good leg and abdominal exercise.



- 14) **Twisting Leg Supine:** Start in same position as above. With legs straight, twist your legs and core in a clockwise and counter clockwise direction. Good abdominal oblique exercise.
- 15) **Scissor Kick:** Lying on your side holding onto the edge of the pool, kick your top leg up and bottom leg down like a pair of scissors. Repeat multiple times and then switch sides.
- 16) **Push Away:** Standing at the side of the pool with feet together, push away like a push up. Moving your feet further away from the wall and moving to shallower water will make it harder.
- 17) **Gutter Push Ups:** Standing at the edge of the pool with your hands on the gutter, push forcefully with your arms while pushing off the bottom of the pool with your legs to raise yourself out of the water. Slowly lower yourself back down. Repeat. Will work your arms, legs and chest.
- 18) **Front Flutter Kick:** Holding on to the edge of the pool, lying on your belly, keep your arms extended while you kick your legs in a flutter. Repeat for intervals of time to work on cardiovascular endurance and leg strength.
- 19) **Running:** Running back in forth in the pool is a great way to build up leg strength and cardiovascular endurance. Change your depth and see how it changes the exercise.
- 20) **The Engine:** Stand in chest-to shoulder-deep water, arms straight and in front of the body and parallel to the water with the palms facing downward. While walking forward, raise the left knee to the left elbow, then return to the starting position. Alternate sides.

<http://www.militaryspot.com/enlist/apft-aquatic-exercises>