

Flexibility Exercises

Stand in water at shoulder level. Lean sideways or backwards against the side of the pool. Balance on one foot, while raising the opposite knee towards your chest. Grasp with both your hands and gently pull it into the upper body, stretching muscles of the hip, thigh and back. Release and repeat with the other leg.

Hip/Leg Exercise

This exercise will strengthen the hip and leg muscles. Hold on to the pool's edge with both hands and float both legs out behind you. Move legs alternately, without bending the knees, in a flutter kick in which each foot travels only about 12 to 18 inches. Kick for a minute. Rest, and then repeat. Next, do the complete sequence while on your back, then on each side.

To do this next exercise, stand in at least waist-deep water and face the side of the pool. Hold onto the edge of the pool with both hands and slowly extend one leg out to your side, making sure you keep your back straight. Bring your leg up as high as you can without turning the ankle. Return the leg to starting position and repeat the exercise with your opposite leg. Do a full set for each leg.

Water Marching

To perform this exercise, stand up straight in the water and begin marching. As you are marching extend the arms and legs as far as you can, pointing your toes and pulling your arms vigorously back and forth. March for at least two minutes or until you are slightly breathless.