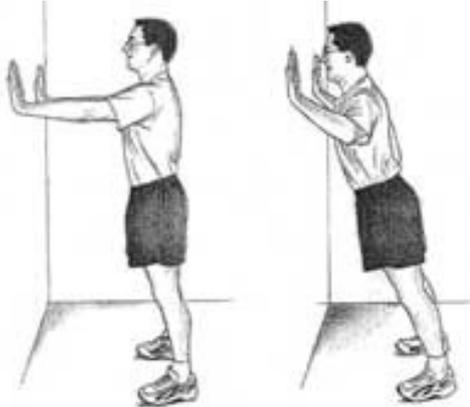


STRENGTH EXERCISES



Wall Push-ups

1. Stand facing wall, straighten out your arms in front of you.
2. Lean forwards slightly and place your palms against the wall
3. Bend your elbows until your nose nearly touches the wall (Keeping your back straight).

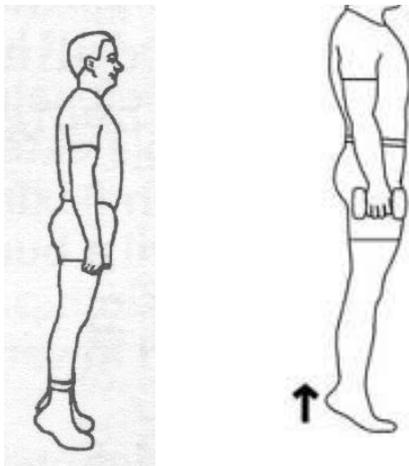
Sets
Repetitions



Squats

1. Slowly bend your knees over your toes and then return to starting position.

Sets
Repetitions



Calf-raises

1. Stand in an upright position with arms by your side and feet together.
2. Push up onto your toes so that your heels are elevated.
3. Return heels to the ground.
4. Progress to weighted calf-raises.

Sets
Repetitions

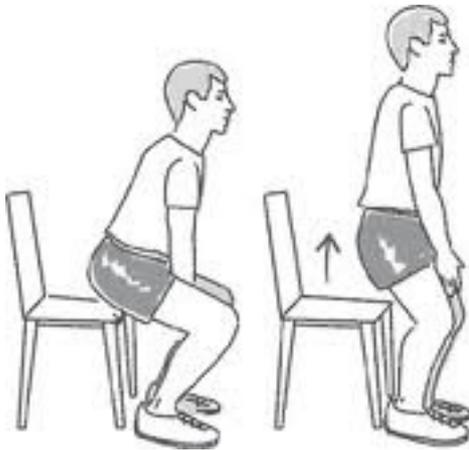


Hamstring curls with cuffs

1. Standing facing pool wall or rail
2. Bend leg towards buttock then straighten knee back to starting position with weighted cuff around lower calf.

Sets

Repetitions

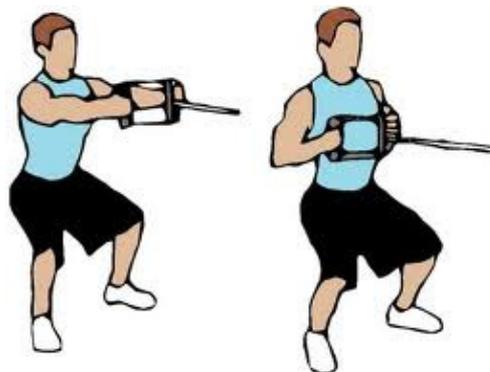


Sit to Stand

1. Sitting on chair
2. Move your feet back so your heels are lined up with the front edge of chair
3. Stand upright, sit down again

Sets

Repetitions



Rows

1. Stand at comfortable distance from wall with good tension on band.
2. Keeping back straight, pull handles towards chest, then release.

Sets

Repetitions



Step ups

1. Stand in front of step with edge of the pool on one side.
2. Place one leg on the step
3. Gently take weight onto leg and step up onto step
4. Gently step down the other side.
5. Turn around to face step again and repeat.
6. Progress to weighted step-ups

Sets

Repetitions



Noodle push down

1. Stand with noodle under your foot
2. Slowly allow your leg to rise
3. Push down while maintaining good posture and control
4. Repeat other leg

Sets

Repetitions