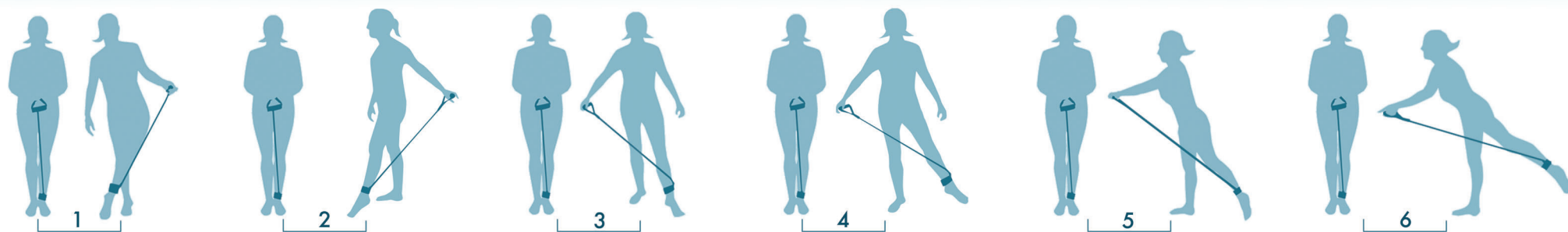
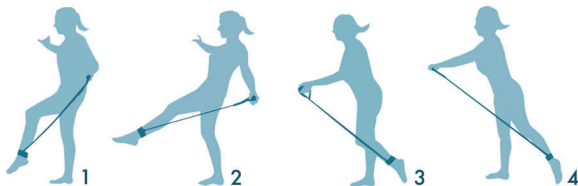


The Clock (1 - 6): Inhale to begin and exhale as you extend leg across the midline of your body, straight forward, to the forward diagonal, directly to the side, back diagonal, and straight back.



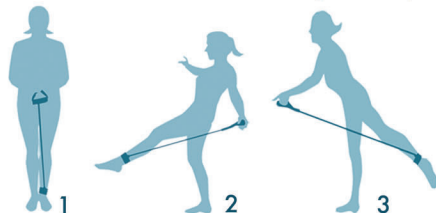
Knee Extension (1 - 4):

Inhale as you lean back and extend from knee.
Exhale as you lean forward and extend from knee.



Hip Extension 1 (1 - 3):

Inhale as you lean back and extend leg from hip.
Exhale as you lean forward and extend leg from hip.



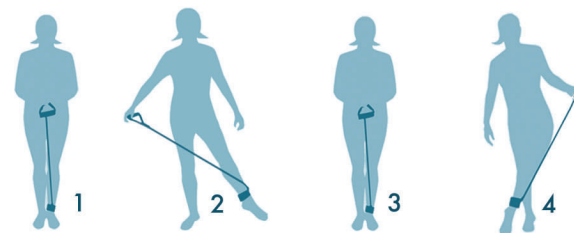
HYDRO-PILATES

BAND EXERCISES

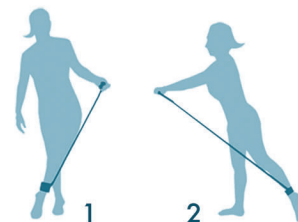
- Consult your physician before starting an exercise program.
- Begin with a 10-minute warm-up of walking, then jogging in the pool.
- Each exercise should be done in 3 sets with 10 repetitions.
- Inhale through the nose as you begin each movement and exhale through the mouth as you execute the move. Return to the position where feet are together, as shown, before each movement.

Abduction Lifts 1 (1 - 4): Exhale as you lift leg to the side. Inhale as you return to starting position.

Adduction Lifts 2: Exhale as you cross the midline of your body. Inhale as you return to starting position.



Semi-Circle; Tap Front and Back (1 - 2): Inhale as you tap to the front. Exhale as you tap to the back.



Stretching (1 - 9): Perform these moves first using the right side of your body and then the left.

