

## Hydro Program

Repetitions 5-25 reps.

## Warm Up

Walking

Forwards

Backwards

Sideways

Lunge walk

Toe walk

## Legs

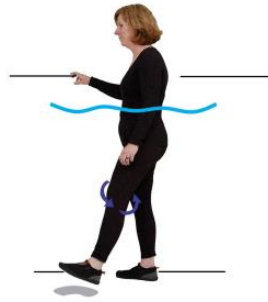
- Bend your knee



- Straighten your knee
- Swing your leg forwards and backwards



- Rotate your leg



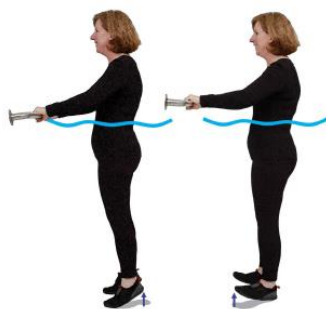
- March on the spot
- Bend your knees



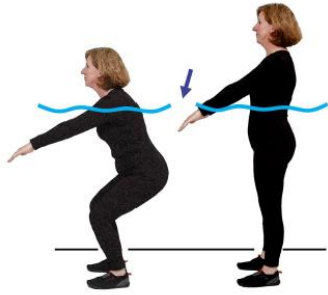
- Push your leg sideways



- Hold the rail
- Lift your toes
- Lift your heels

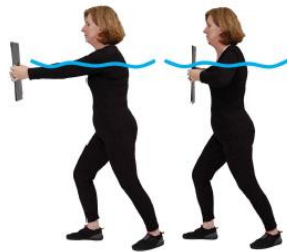


- Stand still
- Bend your knees

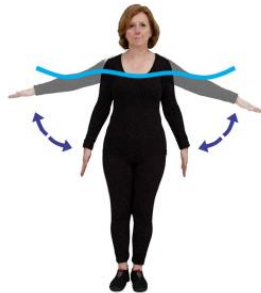


## Arms

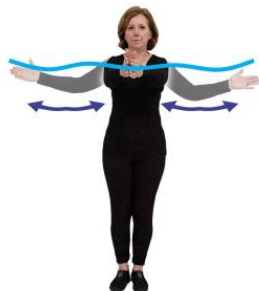
- Straighten your elbows
- Bend your elbows
- Walk forwards



- Lift your arms sideways
- Pull your arms down



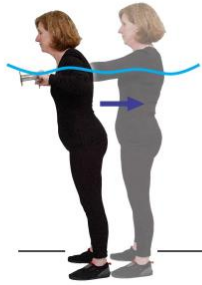
- Push your arms out sideways
- Pull your arms in



- Lift your arms forwards
- Pull your arms down



- Hold the rail
- Push away
- Straighten your elbows



## Other

- Turn to your right
- Turn to your left



## Balance

Balance on 1 foot for 30 seconds

Jump 2 feet to 2 feet

Jump 2 feet to 1 foot

Hop