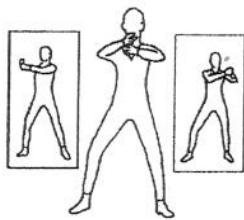
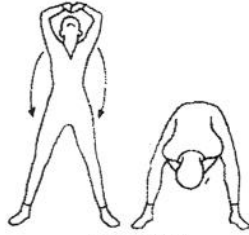


Stretching & Strengthening.



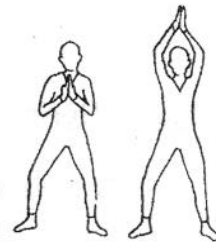
Drill for Water



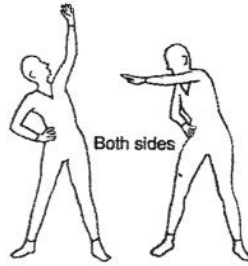
Pump Water



Fountain

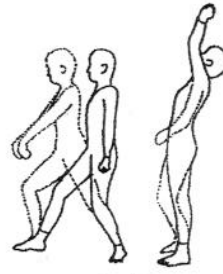


Finger Spray



Both sides

Half Windmill



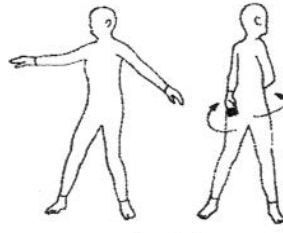
Rowing



Shoulder Rotation



Head Rotation



Arm Swing



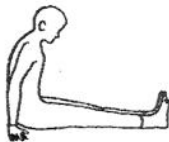
Pelvic Rotation



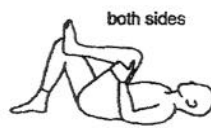
Knee Rotation



Hip Rotation

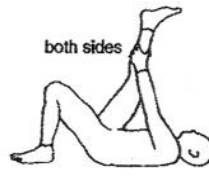


Quad stretch



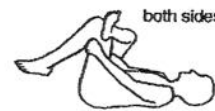
both sides

Foot rotation



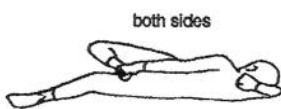
both sides

Hamstring stretch



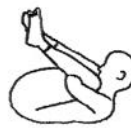
both sides

Hip stretch



both sides

Quad stretch



Back stretch



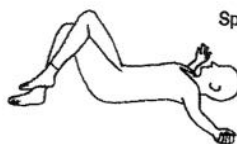
Spinal curl



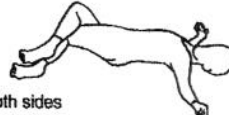
Curl-up



Elongation stretch



Spinal twist



both sides



Groin stretch

Stretching & Strengthening

The Water Series

1. Drill for water, 4 left, 4 right
2. Pump water, 6
3. Fountain, 6
4. Finger Spray, 4
5. Half-windmill, 4 (left, right, left, right)
6. Rowing, 10 left, 10 right, with reach to the sky

Articulation

7. Shoulder Rotation, 4 forward, 4 back
8. Neck Stretches, 4 each of 3 variations
9. Arm Swing, 10
10. Pelvic Rotation, 4 left, 4 right
11. Knee Rotation, 4 left, 4 right

Floor Series

12. Hip Rotation, 10
13. Quad Tightening, 30 seconds
14. Foot Rotation, 4 clockwise, 4 counterclockwise
15. Hamstring Stretch, 30 seconds
16. Hip Stretch, 12 seconds
17. Quad Stretch, 12 seconds
18. Back Stretch, 16 seconds
19. Spinal Curl
20. Curl-up, 5 x 10
21. Elongation Stretch, 2
22. Spinal Twist, left and right, 12 seconds
23. Groin Stretch, 12 seconds

Optional

24. Relaxation