

Pool Exercises for Seniors: 8 Moves

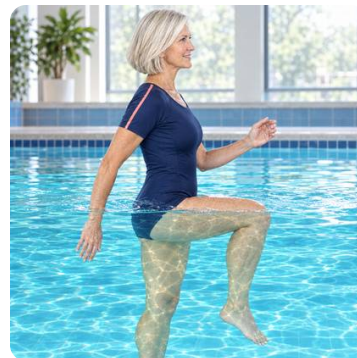
3 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Water Walking

1. Stand tall in waist-deep water.
2. Walk forward with big, slow steps.
3. Swing your arms as you walk.

Week 1: hold 15 sec



2 Water Marching

1. Stand tall near the pool edge.
2. Lift one knee, then the other.
3. Keep a steady rhythm and swing your arms.

Week 1: hold 15 sec



3 Pool Squat

1. Stand facing the pool edge, hands on it, feet hip-width.
2. Sit back and down a little, as if into a chair.
3. Push through your heels to stand tall.

Week 1: 8 reps



4 Side Leg Raise

1. Stand side-on to the wall, one hand on the edge.
2. Lift the outside leg out to the side.
3. Lower slowly. Then switch.

Week 1: 8 reps

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5 Heel Raises

1. Stand facing the pool edge, hands on it.
2. Rise up onto your toes.
3. Lower your heels slowly. Repeat.

Week 1: 8 reps



6 Pool Wall Push-Up

1. Stand facing the wall, hands on the pool edge.
2. Bend your elbows to bring your chest toward the edge.
3. Push back to straight arms.

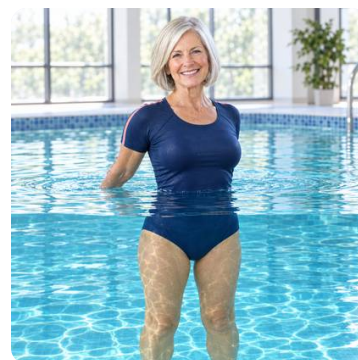
Week 1: 8 reps



7 Calf Stretch

1. Face the wall, hands on the pool edge.
2. Step one foot back, heel down, back leg straight.
3. Lean gently toward the wall. Hold, then switch.

Week 1: hold 15 sec



8 Chest Opener

1. Stand tall in chest-deep water.
2. Reach both arms back behind you.
3. Lift your chest gently and breathe.

Week 1: hold 15 sec