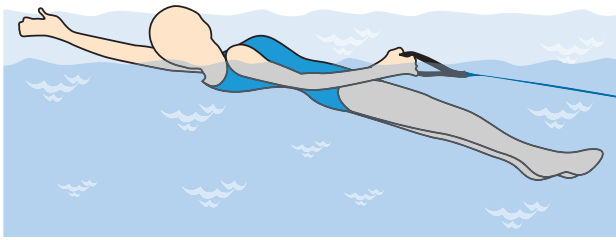
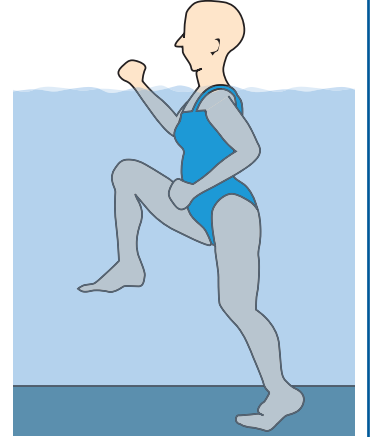
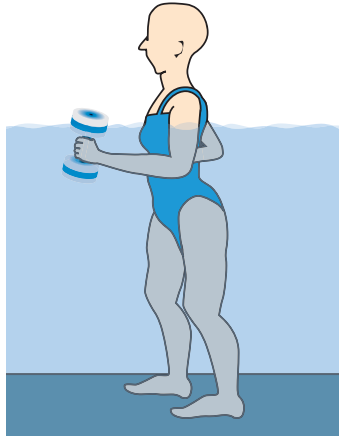


WATERFITNESS



FMS WATER EXERCISES: (1) Poolates Sues Spiral – body is supported by water and versa tube; strengthens core, upper back, arms and shoulders; stretches core. (2) Bicep curl to strengthen arms. Elbows should be underwater, with rest of body deep as possible. (3) Aerobic deep-water running.



ILLUSTRATIONS BY NICK ORABOVIC