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1. KNEE-HIGH JOG – Press

Establish a vertical body position and dynamic leg action by jogging in place. With shoulders aligned over hips, alternately lift each knee to a maximum 90-degree angle. Extend each leg directly below your hips, pressing down through the water with a flexed foot. An alternating press-and-lift action of the arms at the sides complement the alternating leg action.

2. TUCK & HOLD – Skull

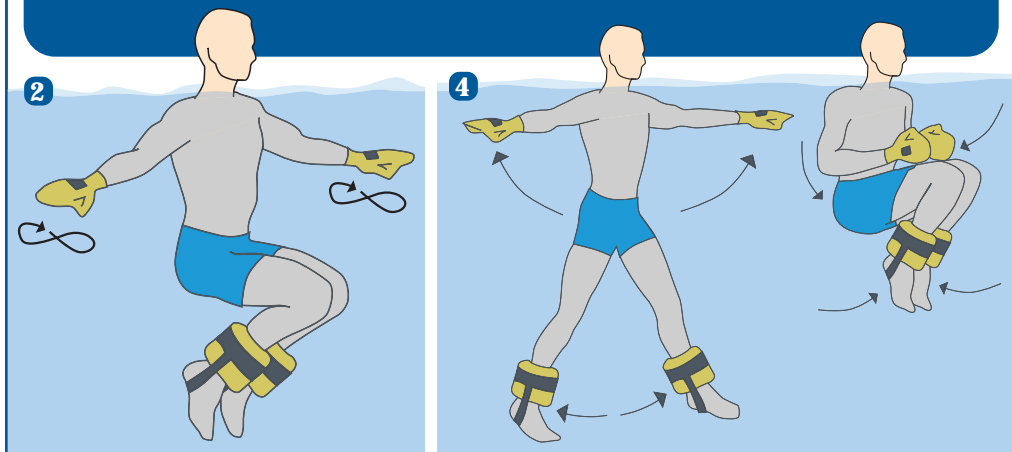
Bend both knees and tuck your heels under your buttocks. Hold them there and scull more vigorously to keep from tilting or falling over. Engage your abdominals and lengthen through your spine. Keep your chest open and sternum lifted. Maintain your ears over your shoulders, shoulders over hips, and hips over heels.

3. SIT KICK – Skull

From the seated TUCK & HOLD position, alternately extend each leg from the knee. This dynamic action will challenge your balance and alignment, forcing you to scull more vigorously with your arms and hands. The leg action also is an excellent strengthening exercise for the quadriceps and hamstrings. Be sure to isolate all leg movement from the knee joint. Stabilize hip flexion at 90 degrees.

4. TUCK JACKS

Return to the TUCK & HOLD position. In unison, extend both arms out and both legs down and out, forming a JACK position with your body. Stay aligned and scull to stabilize. Immediately “scoop” the water in toward your body by drawing your arms and legs “up and in,” returning to a TUCK position. Repeat the arm and leg action.



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ILLUSTRATIONS BY NICK ORABOVIC