



**CRAIG STUART** is the founder/director of Hydro-Fit Inc. in Eugene, Ore. He is a master instructor trainer for Hydro-Fit Academy and a certified fitness professional with AEA and ACE.

## LUNGE STANCE LEFT — Sweep Right to Center

To begin, hold a single hand buoy by gripping it at both ends. Place your LEFT leg back into a reverse lunge position. Submerge the buoy underwater, keeping elbows bent at 90 degrees and forearms held tightly against the sides of your body.

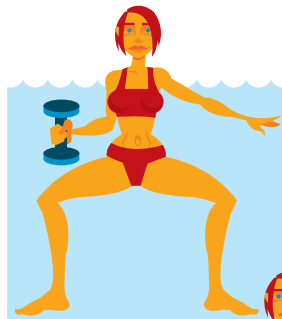


**EXERCISE ACTION:** Look straight ahead and engage the abdominal muscles as you rotate our ribs and shoulders to the RIGHT. Return to center. Repeat the coordinated trunk rotation action, staying firmly grounded with your weight equally distributed on both feet. Keep your back leg completely straight, hips stable and pelvis in neutral. After 8-16 repetitions, repeat the exercise with your RIGHT leg in the reverse lunge position, and perform the trunk rotation action to the LEFT.



## STRADDLE STANCE — Knee Sweep Left, Rotator Cuff Sweep Right

To begin, grip a single hand buoy in your RIGHT hand. Assume a straddle stance position with hips externally rotated and knees slightly bent. Ideally, you should be at armpit depth in the water. Submerge the buoy underwater by drawing your forearm to the side of your body. Maintain a firm grip on the buoy with your wrist in neutral.



**EXERCISE ACTION:** Look straight ahead and engage your abdominal muscles to stabilize the shoulder girdle, spine and pelvis in neutral. Without rotating the spine, internally rotate your right shoulder, sweeping the submerged buoy past the midline of your body. At the same time, bend your LEFT knee and lift it forward to 90-degree hip flexion. Return your right arm and left leg to the starting position. Repeat the coordinated arm and leg action, keeping your nose in line with your sternum, and your sternum in line with your belly button. After 8-16 repetitions, repeat the exercise with the hand buoy gripped in your LEFT hand.

