**Pool Rehab Workouts**

*\* Check availability and rates at the Maquoketa YMCA (563)-652-6566.\**

*\* Shower before entering the pool area. No gum or bandages allowed! \**

**I. Warm-Up** (Easy Intensity)

1. Walking Forward (Up and Back) – 2X

2. Walking Backwards (Up and Back) – 2X

3. Knee-To-Chest (Up and Back) – 2X

4. Quad Stretch (Up and Back) – 2X

5. Side Shuffle (Up and Back) – 2X

**II. Strength & Flexibility Development** (Need a kickboard and noodle)

1. Squat Slides (3 sets of 10 against a wall)

2. Single Leg Squats (Use kickboard in middle of pool) (3 sets of 10)

3. Corner Bicycles (3 sets of 25) – (*Reverse if coordinated.)*

4. Squat Hops (Narrow to Wide) (3 sets of 25)

5. Hamstring Stretch (Wedge noodle under ankle & let leg float) (30 sec/leg) – 2X

**III. Workout** (Repeat 3X) – Progressive Intensity

1. Power Walking Forward (Up) and Power Walking Backwards (Back) – 3X

2. Power Side Shuffle (Up and Back) – 3X – (*Reverse direction each time.)*

3. Forward A-Skips (Up) and Backwards A-Skips (Back) – 3X

4. High Knees (Up) and Kick Butts (Back) – 3X

5. American Crawl (Up and Back) – 5X

6. Back Swim (Up and Back) – 3X

\* Aim at completing this entire rehab workout within one hour.

\* Be respectful of others working out in the pool area. This is a valuable

resource to our team and community.