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6. Lie/float on back (best done in the corner of the pool if possible) and brace the upper body by holding onto the pool edge / bars with the hands. The legs should also be on the surface of the water.
Force the heels downwards towards the floor as fast as possible against the water by extending the hips and back. Keep legs together.
Allow the legs to float gently back to surface before repeating.

7. Lie/float on back (best done in the corner of the pool if possible) and brace the upper body by holding onto the pool edge / bars with the hands. The legs should also be on the surface of the water.
Brace the back/body and pull the knees and feet up and down together as far as possible as quickly as possible – start gently and build up speed as allowed
Alternately use a cycling type action with the legs.
Alternately float on the surface and hook your feet onto the bar if possible and pull yourself in and out from the wall while floating on the surface.
(Another person could hold your feet but they need to be well braced when they stand to do this).
You can increase the resistance by having your arms out from side, down by your side, in the streamline position