

Swimming

Type: Strength, coordination

Muscle(s) Worked: Upper back, mid back, lower back, gluteals

Equipment Needed: None

INSTRUCTIONS:

1. Lay on your stomach.
2. Stretch your arms up over your head.
3. Lift your Left arm and your right leg up at the same time and then lower them.
4. Lift your right arm and your left leg up at the same time and then lower them.
5. Repeat #3 and #4 back and forth so it looks as though you were swimming.
6. Each time you left leg is up, that counts as one.
7. Perform the number of repetitions and sets prescribed by your therapist.

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