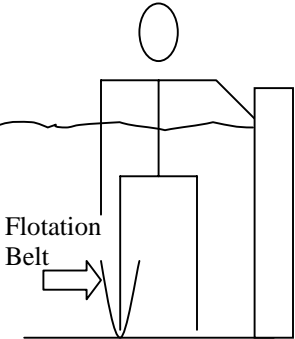
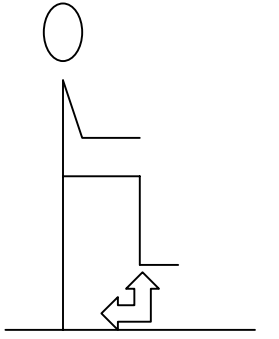
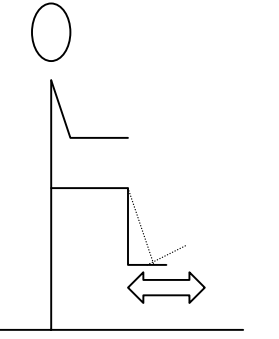
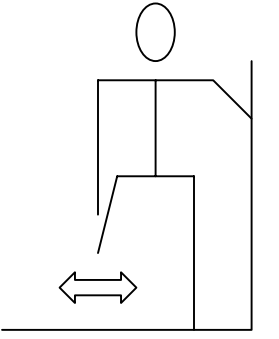
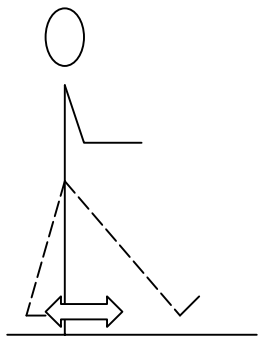
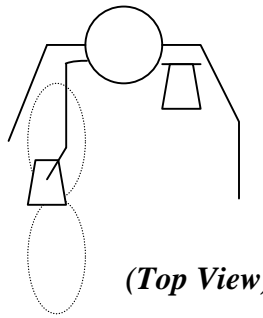
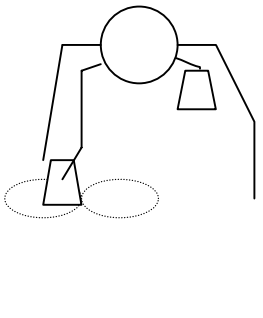
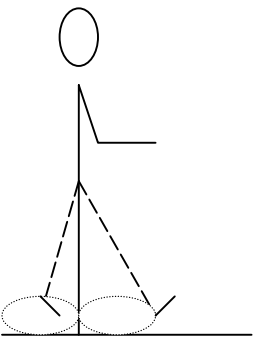
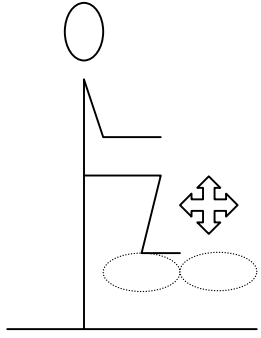
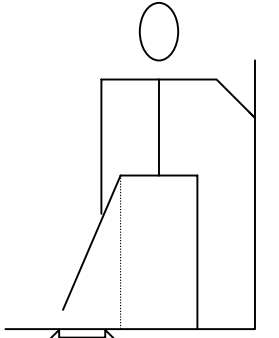
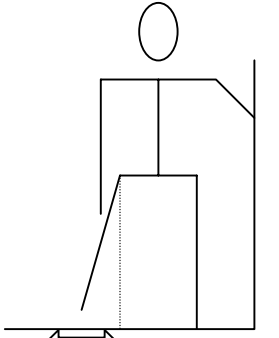


Beyond Hip

Balance and Coordination Exercises for the Lower Extremities

 <p>START: Face pool deep end, bend elbow, press forearm against wall, belt is under outside foot</p>	 <p>1. Knee-Lift (sideview) Lift & lower outside foot, flexing knee and hip to approx 90°, then down to straighten fully</p>	 <p>2. Fwd/Back Kick Flex hip & knee to 90°±, kick forward and back</p>	 <p>3. Pendulum Flex hip & knee to 90°± and swing foot Left & Right from knee</p>
 <p>4. Straight-Leg Kick Swing entire lower extremity forward & back from hip</p>	 <p><i>(Top View)</i></p> <p>5. Figure-8: Fwd/Back Flex hip & knee to 90°± Swing foot in Fig 8 pattern from knee</p>	 <p>6. Figure-8: L/R Flex hip & knee to 90°± Swing foot in Fig 8 pattern from knee</p>	 <p>7. Figure-8: Side Kick Straight leg, abduct to approx 30°, swing forward & back from hip</p>
 <p>8. Figure-8: "Pump" Forward-Backward, Up-Down in Fig 8 pattern</p>	 <p>9. Side-Kick (abduct/adduct) Swing from hip to approx 30° & back</p>	 <p>10. & 11. Side-Kick (10) Same as (9), 1/2 distance, 2x speed; (11) 1/2 & 2x again (flutter)</p>	<p>BASIC INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. belt under outside foot 2. water depth: deeper is harder, shallower is easier 3. arm against pool wall is to stabilize only: no leaning! 4. keep weight on <i>inside</i> of standing leg (big toe and inside edge of heel press on floor) 5. Figure 8s, always go in one direction with 8, then reverse 6. do all exercises on one side, as shown, then move to opposite side of pool and repeat with other leg.