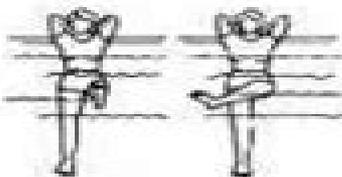


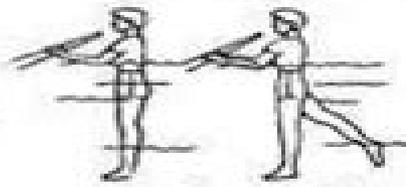
# AN AQUATIC EXERCISE WORKOUT CENTER



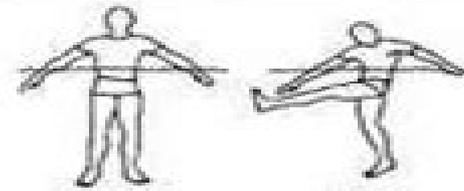
Side Leg Raises



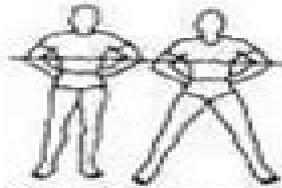
Leg Overs



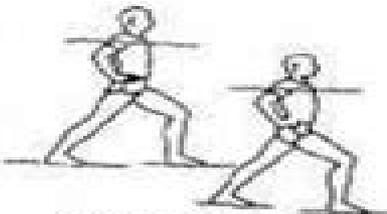
Rear Leg Lifts



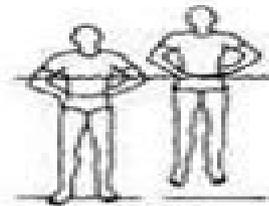
Alternate Toe Touch



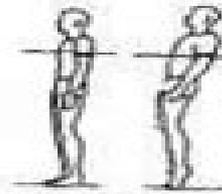
Side Straddle Hop



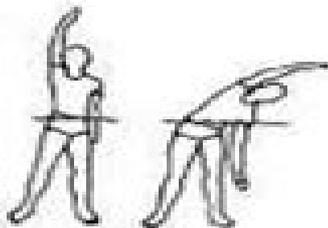
Side Hop



Bounce



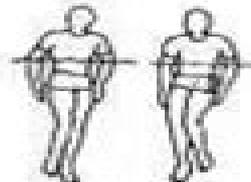
Raise on Toes



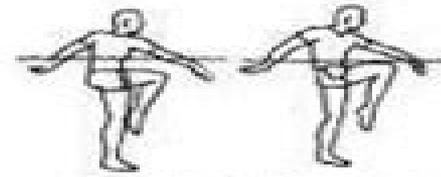
Side Bender



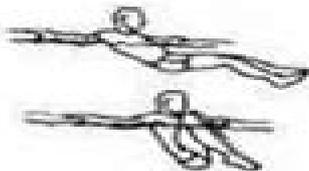
Walking Crawl



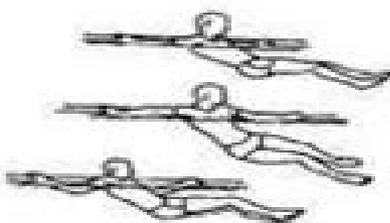
Bounding



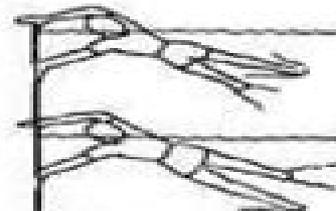
Bounding in Place



Poolside Knees Up, Supine



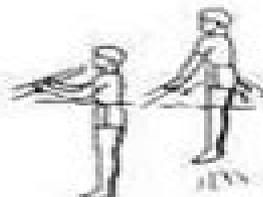
Twisting Legs Supine



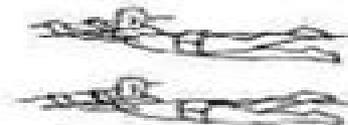
Scissors Kick



Push Away



Gutter Push Ups



Front Flutter Kick



Running



The Engine

# Basic Aquatic Exercise Program Physical Therapy

**John H. Klippel, Cornelia M.  
Weyand, Robert Wortmann**

**Basic Aquatic Exercise Program Physical Therapy:**

## Enjoying the Track of Phrase: An Psychological Symphony within **Basic Aquatic Exercise Program Physical Therapy**

In a global eaten by displays and the ceaseless chatter of quick conversation, the melodic elegance and emotional symphony produced by the written word usually disappear in to the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, set within the pages of **Basic Aquatic Exercise Program Physical Therapy** an enchanting literary treasure brimming with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that interesting masterpiece conducts visitors on a psychological trip, well unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths of this poignant evaluation, we will examine the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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