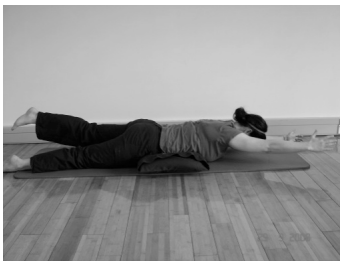


SWIMMING EXERCISE



Starting Position

- Lie face down on the floor with pillows under your tummy and chest
- Rest your forehead on a rolled towel
- Extend your arms in front



Movement

- Set your pelvic floor and lower abdominal muscles
- Exhale. Lift one arm and the opposite leg just off the ground
- Inhale. Hold this position for 5 seconds
- Rest and return to the starting position
- Repeat with the opposite arm and leg
- Alternate 5 times each



Notes:

- Try and lengthen through your arm and your leg and just lift them off the floor
- Do not lift your arm and leg up too high so your back arches