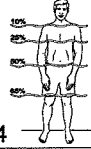


Aquatic Exercises Kit

General Instructions

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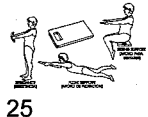





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Equipment Cards

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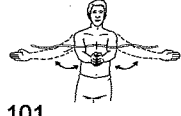
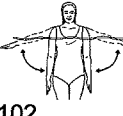


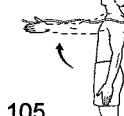

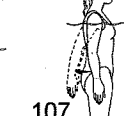

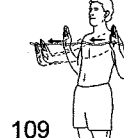
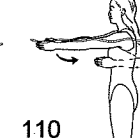
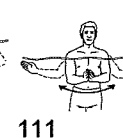
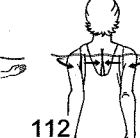
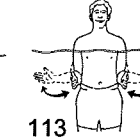
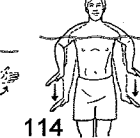

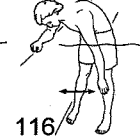
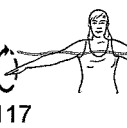
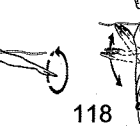
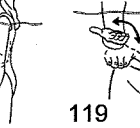
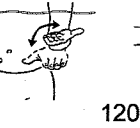

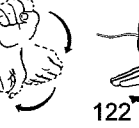
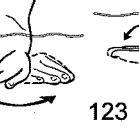
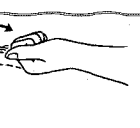

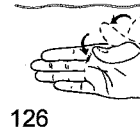
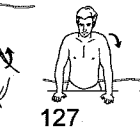
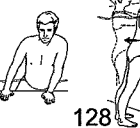
Upper Body

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117 118 119 120 121 122 123 124

125 126 127 128

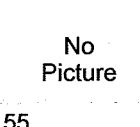

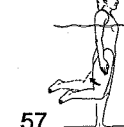

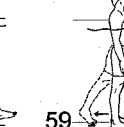
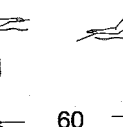
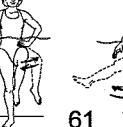
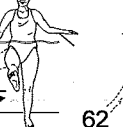



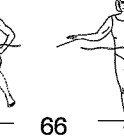
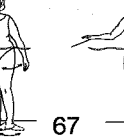
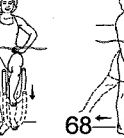

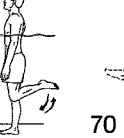





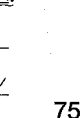


Lower Body

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73 74 75 ANN 76 77 78

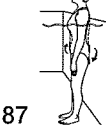
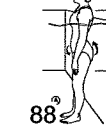

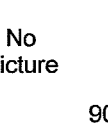
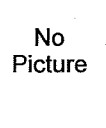




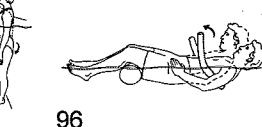
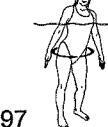


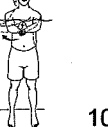

























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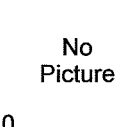
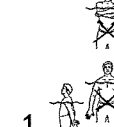




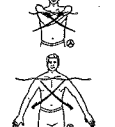

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Diagonal Pattern

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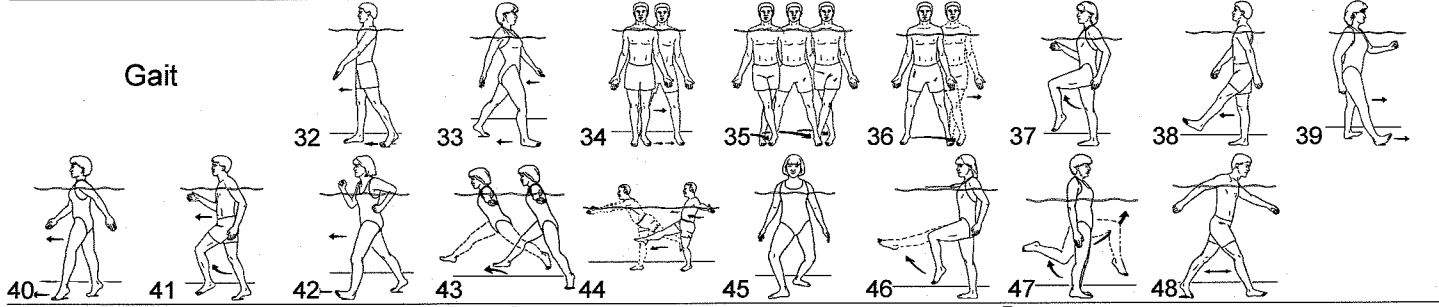
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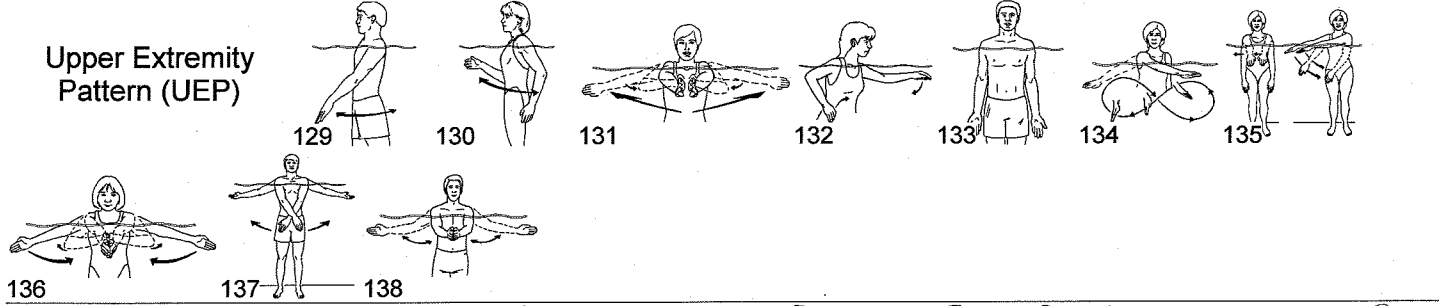
Aquatic Exercises Kit



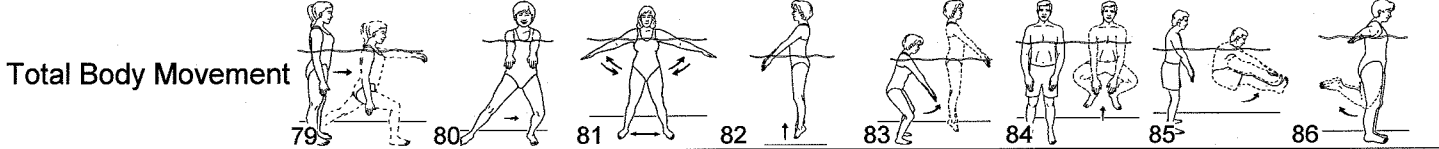
Gait



Upper Extremity Pattern (UEP)



Total Body Movement



Deep Water

