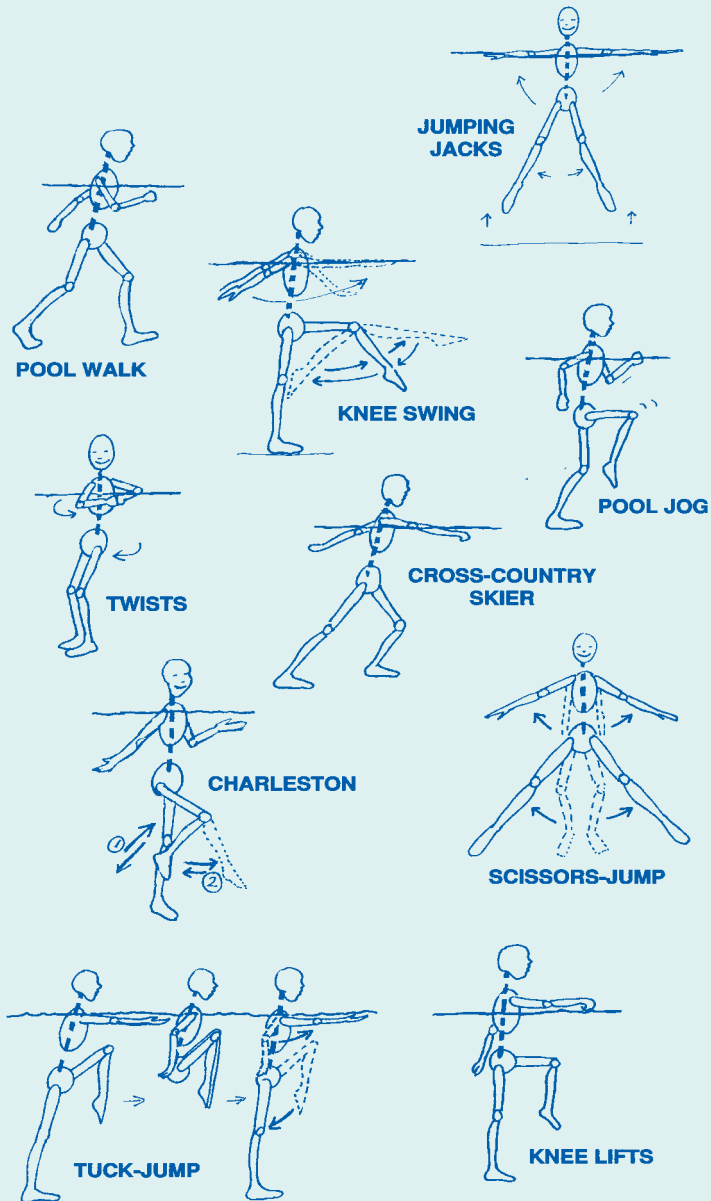
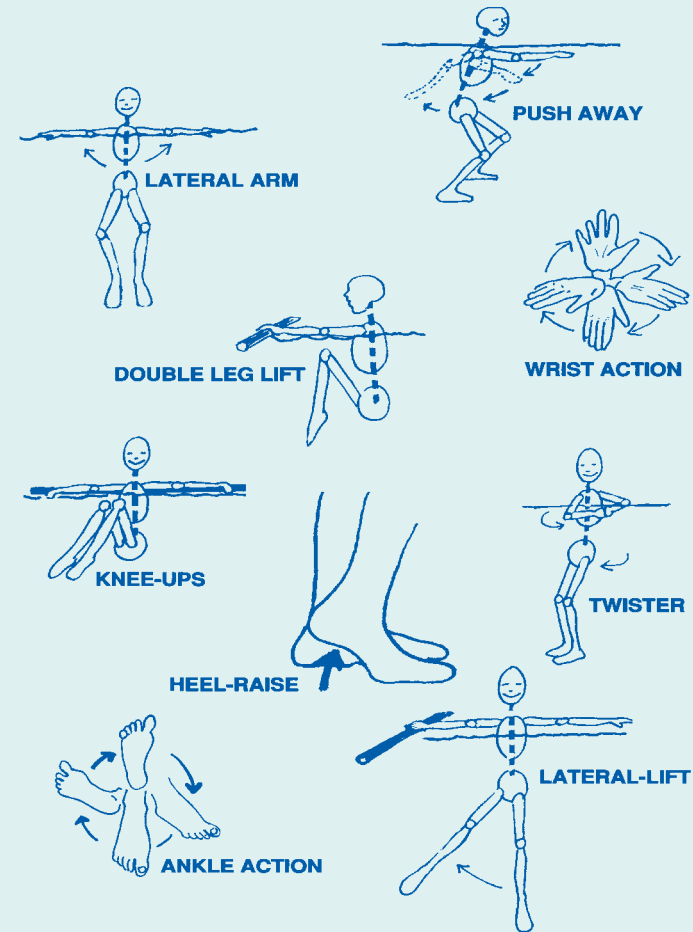


AEROBIC EXERCISES



MUSCULAR ENDURANCE



EXAMPLE OF SWIM CIRCUIT

Combining aerobic activity and muscular endurance exercise.

Walk/jog, swim with aid, swim full stroke — 1 width — on reaching pool side do 10 reps of lateral arm press.

Walk	2 widths	10 reps of knee-ups
Walk	3 widths	10 reps of scissors
Walk	4 widths	10 reps of push away

Repeat sequence in reverse order from 4 widths down to one width.