

Pool Rehab Workouts

* Check availability and rates at the Maquoketa YMCA (563)-652-6566.*

* Shower before entering the pool area. No gum or bandages allowed! *

I. Warm-Up (Easy Intensity)

1. Walking Forward (Up and Back) – 2X
2. Walking Backwards (Up and Back) – 2X
3. Knee-To-Chest (Up and Back) – 2X
4. Quad Stretch (Up and Back) – 2X
5. Side Shuffle (Up and Back) – 2X

II. Strength & Flexibility Development (Need a kick-board and noodle)

1. Squat Slides (3 sets of 10 against a wall)
2. Single Leg Squats (Use kick-board in middle of pool) (3 sets of 10)
3. Corner Bicycles (3 sets of 25) – (*Reverse if coordinated.*)
4. Squat Hops (Narrow to Wide) (3 sets of 25)
5. Hamstring Stretch (Wedge noodle under ankle & let leg float) (30 sec/leg) – 2X

III. Workout (Repeat 3X) – Progressive Intensity

1. Power Walking Forward (Up) and Power Walking Backwards (Back) – 3X
2. Power Side Shuffle (Up and Back) – 3X – (*Reverse direction each time.*)
3. Forward A-Skips (Up) and Backwards A-Skips (Back) – 3X
4. High Knees (Up) and Kick Butts (Back) – 3X
5. American Crawl (Up and Back) – 5X
6. Back Float (Up and Back) – 3X

* Aim at completing this entire rehab workout within one hour.

* Be respectful of others working out in the pool area. This is a valuable resource to our team and community.