

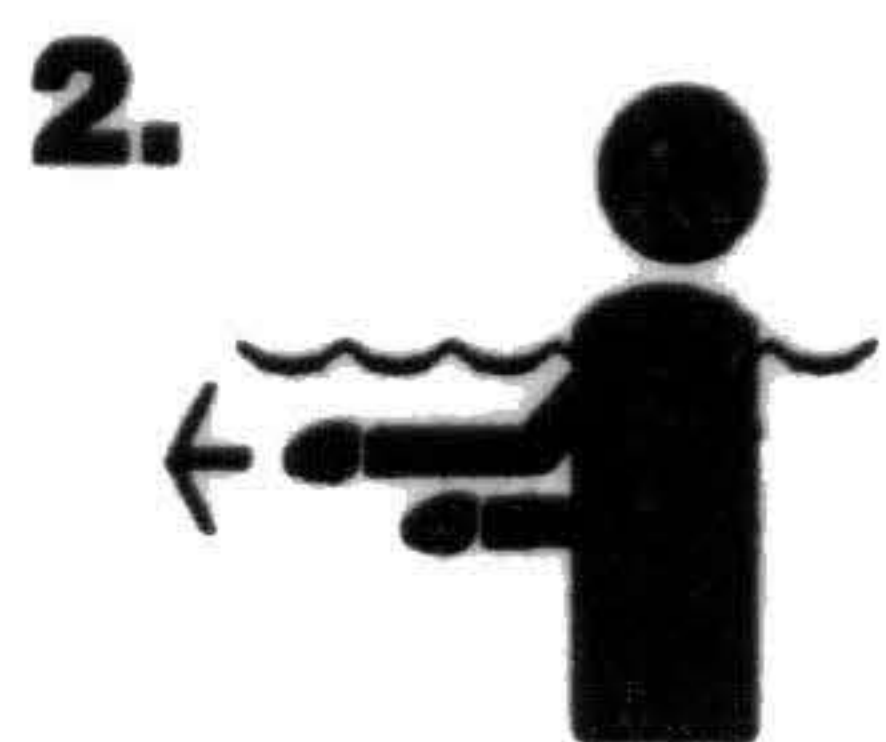
Jack LaLanne's Hydronastics:
Fountain of Youth Exercises

Always check with your physician before beginning any exercise program. Water gives you resistance. When doing water exercises, at all times, lift water do not try to kick it. Make haste slowly. Begin with 2 or 3 repetitions of each exercise and try to work your way up to 10 repetitions. Do what you can do, but don't overdo it.

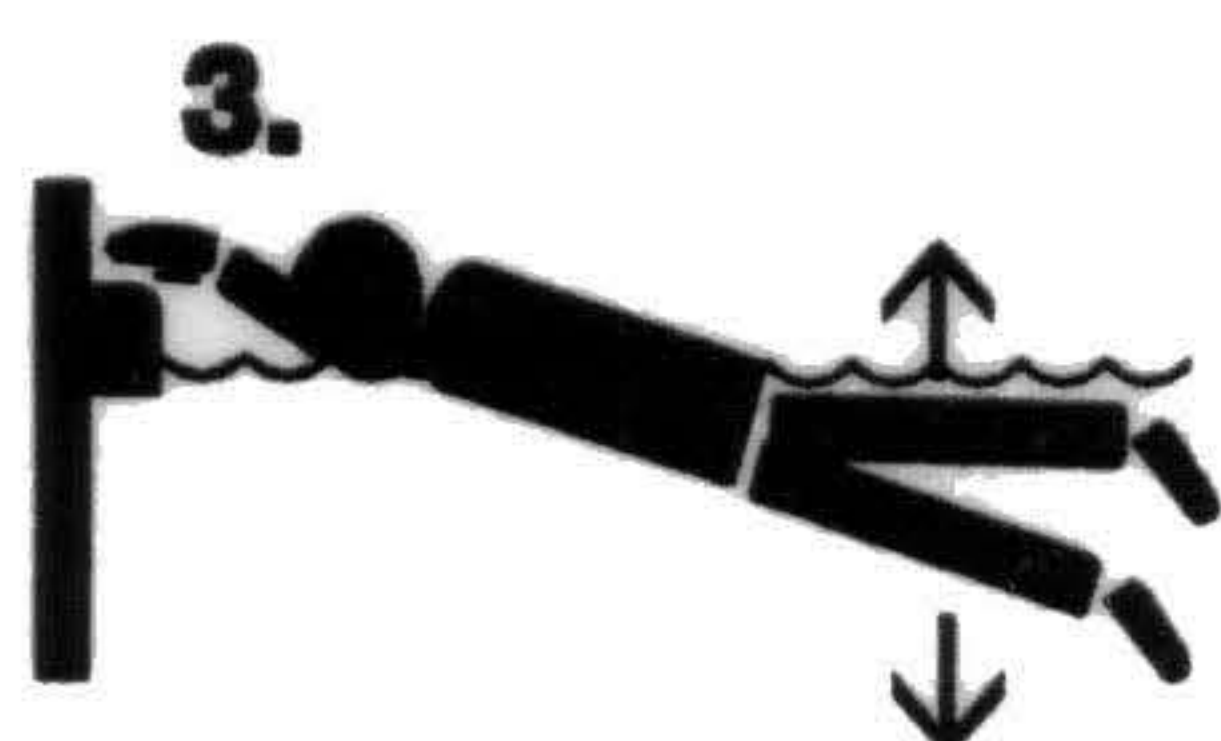
Lower Body Water Exercises:



1) **Windmill Warm-up:** Arms straight, fingers extended, hands together under water. Pull and push water, first to the right, then to the left. Benefits the sides of the waist and midsection.



2) **Punching:** Elbows close to side, fists closed, knees bent, feet shoulder width apart, alternate punches under water. First punch water straight out, then turn and punch to the left and then to the right. Helps tone chest, shoulders and arms.



3) **Face Down Leg Lifts:** Holding onto edge of pool, face down, arms straight, legs straight, lift legs up and down trying to touch the bottom of the pool. Pull up with the right and pull down with the left. Helps tone waist, hips, buttocks, back and front of legs. In fact, most muscles in the lower body except the calves.



4) **Face Up Leg Lifts:** Holding onto the edge of the pool, face up, legs straight, lift legs up and down, pull down with right, lift up with left. Benefits are same as #3, but from a different angle.



5) **Bicycle:** In same position as face up leg lifts, pretend your riding a bicycle alternately bringing knees into chest then extending them rapidly. Breathe deep. Good cardiovascular exercise.



6) **Standing Leg Crosses:** Facing edge of pool, cross right leg over left extending it as far as possible. Then cross left leg over right in the same manner. Crossing the leg works the inner part of the thigh, extending it works the outer part.



7) **Leg Extensions:** Standing, hang onto the side of the pool for balance. Keeping leg straight, lift leg up as high as possible, then extend it back as far as possible. Do the same with the other leg. This works muscles in front and back of the thigh, buttocks muscles and hip flexors. Also good for the waist.



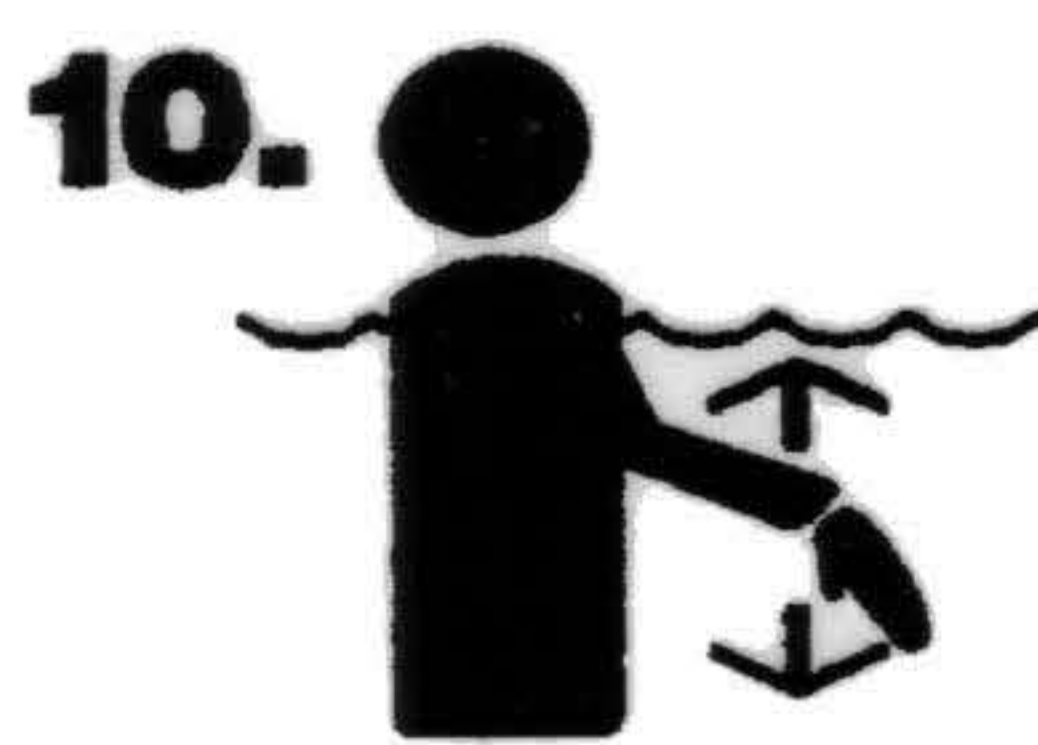
8) **Leg Circles:** Holding the edge of the pool with one hand, legs straight, make circles with each leg. Helps the muscles from the waist down.



9) **Dolphin Movement:** Holding the edge of the pool with both hands, bring both knees into the chest at the same time, then back out pushing water away from you. If not able, try alternating one leg at a time. Good for upper and lower abdomen.

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Upper Body Water Exercises:



10) **Curls and Arm Extensions:** Elbows close to sides, palms down, bring hands up and push water down as far as possible, then do it in reverse trying to push the water as far up as possible. Don't move upper arms, only from elbows down. Helps strengthen back and front of arms. The faster the movement, the greater the resistance.



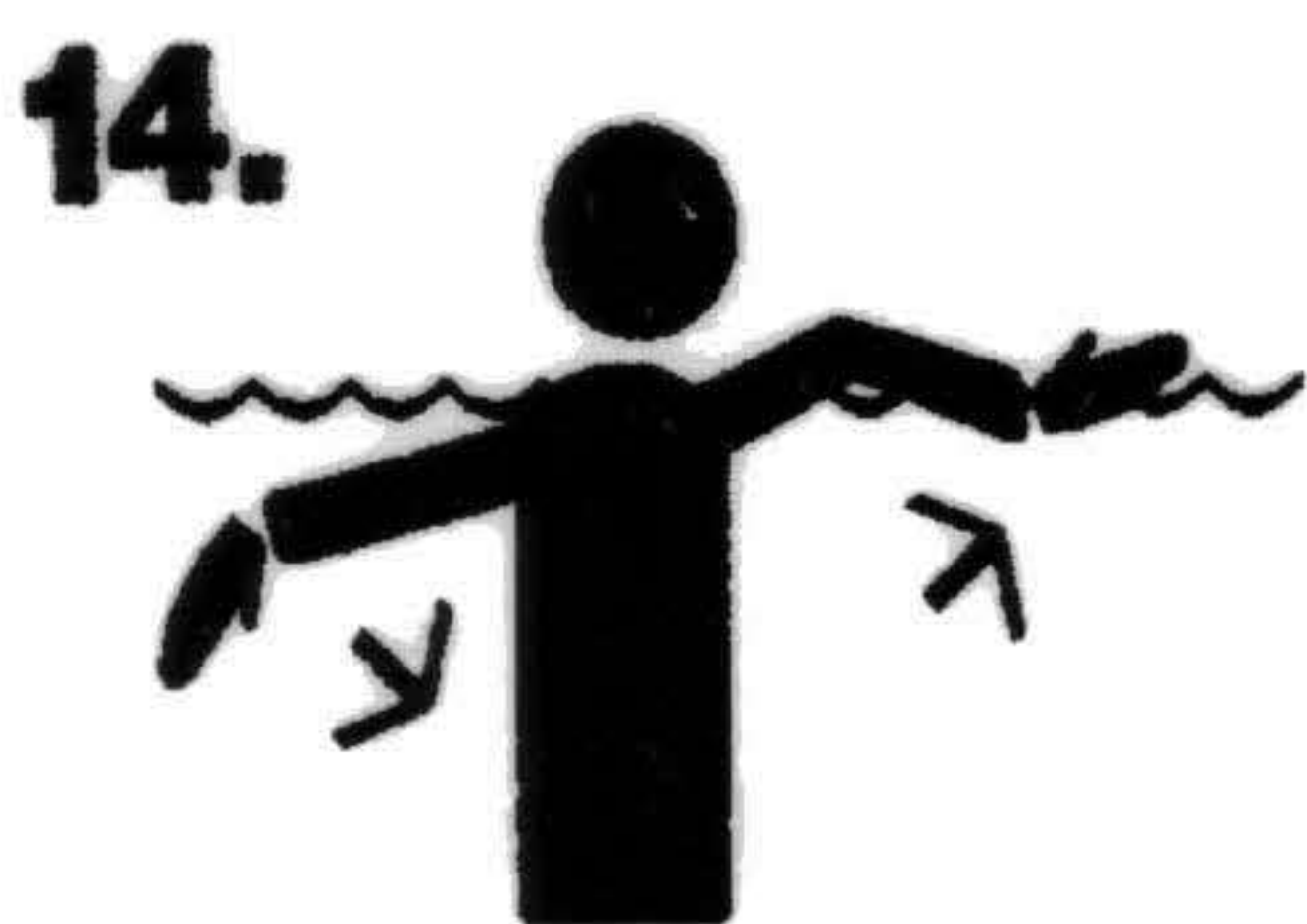
11) **Deltoid Arm Circles:** Lateral raises using water as resistance. Arms straight, fingers extended (right hand goes to the right, left hand to the left). Lift hands over head then down crossing hands under water. Try to lift water. Helps with shoulder flexibility, mostly outer.



12) **Arm Crossovers:** Hands open, fingers extended and together, arms extended, pull water forward crossing arms in front of chest, then push water back as far as possible and repeat. Works chest and upper back.



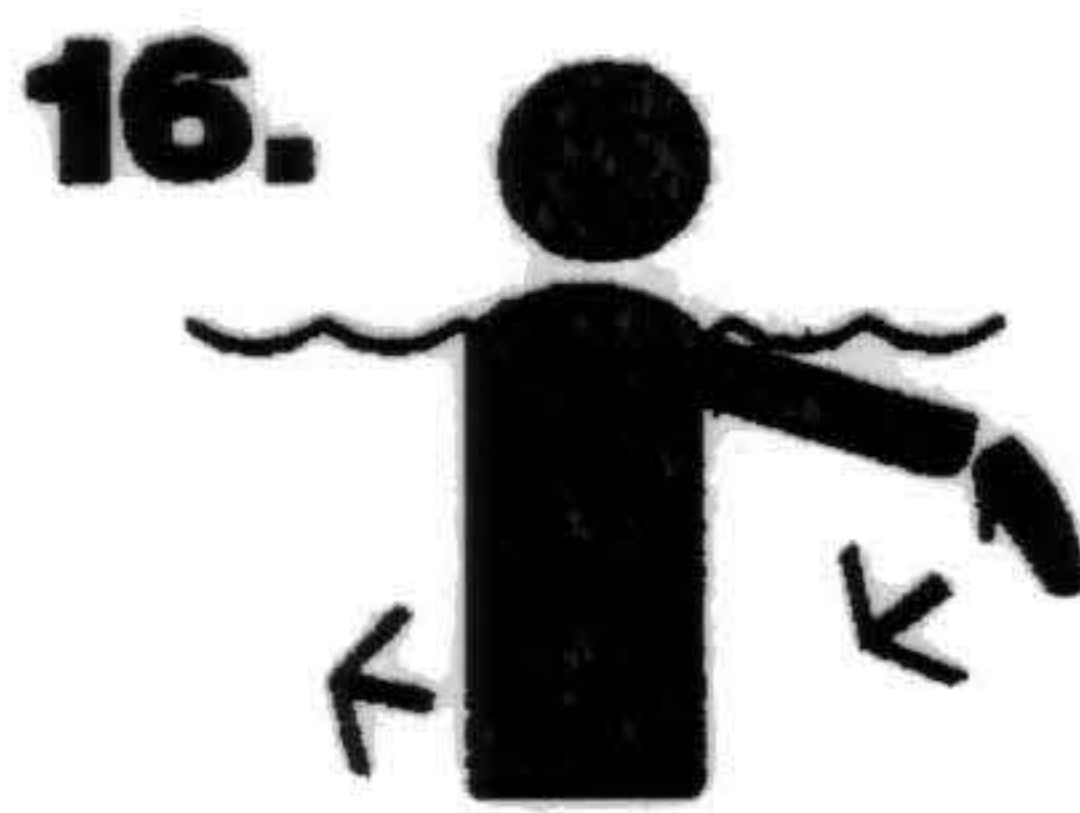
13) **Butterfly Movement:** Cup hands. Lift both hands over head and pull water down toward back as far as possible, then up and down again. Helps firm/strengthen and tone back of arms, upper back, and muscles underneath arms.



14) **Free Style Swimming:** Stand with knees bent, make free style swimming movements. Helps almost all muscles in upper body.



15) **Two Arm Backstroke:** Cup hands forward, reach up, back, down and around into the water and try to pull the water forward up and around. Helps Muscles in shoulders, chest and arms.



16) **Alternate Backstroke:** Same as two-arm movement, but alternating arms. Tones muscles in shoulders, chest and arms.



17) **Running-in-place:** Run or walk in the water lifting knees as high as you are able. Great cardiovascular exercise, also good for the legs and waist.



18) **Windmill Turns:** Repeat Exercise #1. Pull and push.