



## Dry Land Swimming

1. Lie on the floor lift left leg and at the same time, stretch right arm up.
1. Speed - imagine you are swimming fairly fast.
3. Change sides and repeat.
4. 100 repetitions.
5. Repeat daily.



## Mini Crunchies

1. Lying on the floor bend knees bent and feet together.
2. Support head **but do not pull**.
3. Crunch up but no further than shoulder blades off the floor.
4. Lower yourself down under control.
5. Repeat until you feel a "burn" in stomach muscles.
6. Aim for at least 90-100 repetitions daily. These may be done in sets, whilst resting, roll over and do Dry Land Swimming.