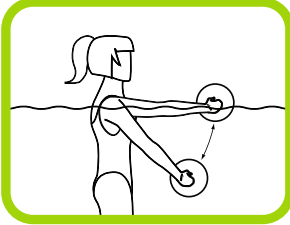


## SET 1

LOW RESISTANCE

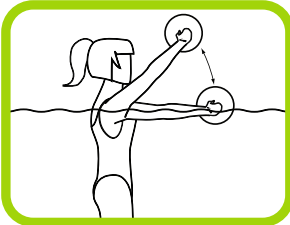


Starting position, stand up with the ball held straight out from body.

Slowly lower the ball down to your thighs, then slowly raise the ball up to level.

Repeat multiple times

ARM RAISE

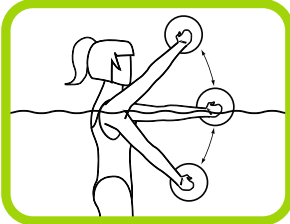


Starting position, stand up with the ball held straight out from body.

Slowly raise the ball out of the water as high as you are comfortable, then slowly lower the ball to level.

Repeat multiple times

FULL EXTENSION

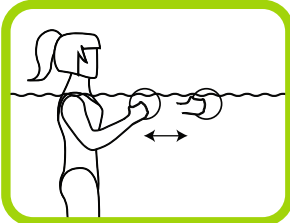


Starting position, stand up with the ball held straight out from body.

Slowly lower the ball down to your thighs, then slowly raise the ball up to level. Slowly raise the ball out of the water as high as you are comfortable, then slowly lower the ball to level.

Repeat multiple times

PUSH / PULL

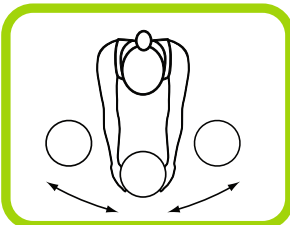


Starting position, stand up with the ball held close to your body. Keep your elbows in tight.

Push the ball away to full arm extension. Then pull the ball back to set position.

Repeat multiple times

RESISTANCE SWIVEL

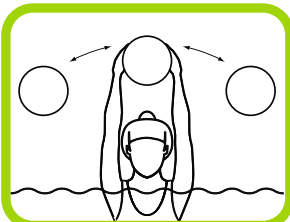


Starting position, hold the ball straight out from your body, just below the water.

Turn to one side, traveling as far as you comfortably are able. Move back to center then turn to the opposite side.

Repeat multiple times

RASIED SIDE PIVOT



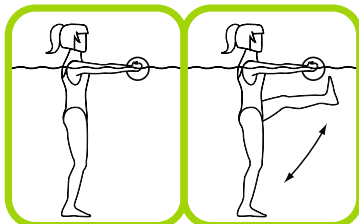
Starting position, raise the ball over your head.

Slowly tilt to one side as far as you are comfortable. Move back to center then tilt to the opposite side.

Repeat multiple times

## SET 2

### FRONT LEG RAISE

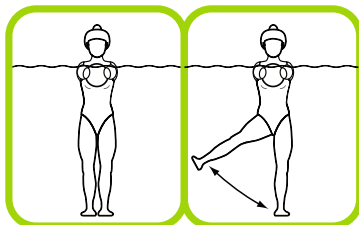


Starting position, stand up with the ball held straight out from body.

Raise one leg straight out and up, moving as far as comfortable. Return to set position, raise and lower the opposite leg.

Repeat multiple times. Focus on strength of the movement, not height and extension.

### SIDE LEG RAISE

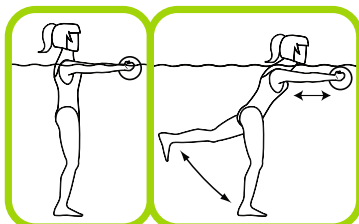


Starting position, stand up with the ball held straight out from body.

Raise one leg out to the side and up, moving as far as comfortable. Return to set position, raise and lower the opposite leg.

Repeat multiple times. Focus on strength of the movement, not height and extension.

### REAR LEG RAISE

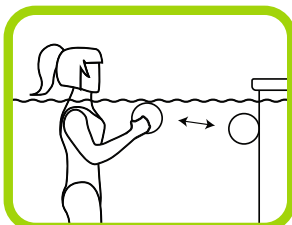


Starting position, stand up with the ball held straight out from body.

Raise one leg straight back and up, moving as far as comfortable. Return to set position, raise and lower the opposite leg.

Repeat multiple times. Focus on strength of the movement, not height and extension.

### WALL BOUNCE

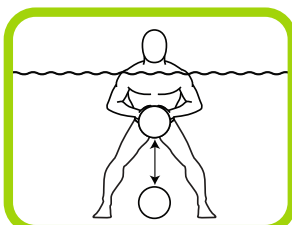


Starting position, stand up 4 feet away from the wall, with the ball held close to your body. Keep the elbows in.

Thrust the ball away at a slight downward angle. Bounce the ball off the wall, catch the ball upon return and return back to set position.

Repeat multiple times. This works muscles and hand-eye coordination.

### TWO HAND BOUNCE

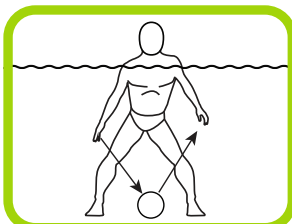


Starting position, stand with your legs apart and legs slightly bent. Keep elbows out.

Push the ball down with enough force to bounce it off the floor of the pool. Catch the ball upon return and return back to set position.

Repeat multiple times. This works muscles and hand-eye coordination.

### DRIBBLE



Starting position, stand with your legs apart and legs slightly bent. Ball in one hand.

With one hand, push the ball down with enough force to bounce it off the floor of the pool. Catch the ball upon return with opposite hand and bounce back.

Repeat multiple times. This works muscles and hand-eye coordination.