PDAE Video Clip 4

The following movements should be done
by floating on water
Wear a large swimming ring around the chest
and lean backwards on it
so that the lower part of your body is just below water
If you need to hold on
to the edge of the pool during exercise
turn sideways and hold on with one hand
or hold on to the edges at the corner of the pool
with both hands
The fifth movement is Cycling
As just said
we have to wear a large swimming ring around the chest
and then lean backwards on it
Bend and straighten your knees alternately
like cycling
Choose a pace that is comfortable to you
Bend and straighten your knees to the best you can
Don't just concentrate on moving the thighs
The sixth movement is
Bending and Straightening Both Knees
Again, we wear a large swimming ring around the chest
plus another small ring around the ankles
Let yourself float on the water
then bend and straighten both knees together
Bend and straighten your knees to your best
Don't just concentrate on moving the thighs
The seventh movement is Scissors Legs
This is also done by floating on the water
Put a small swimming ring around each ankle

and keep both knees straight while doing this exercise

Then open and close the thighs like scissors