PDAE Video Clip 5

The eighth movement is Arms Forward Pushing
Let's stand in the pool
Hold a small swimming ring with each hand
Gently press the rings into the water
until your hand are just submerged
Start marching with both legs
and push your hands forwards alternately
Stretch out then draw back
and keep the hands just under water
Choose a comfortable pace
and then speed up gradually
Don't go beyond your limit
Keep a comfortable pace
The ninth movement is Arms Side Pushing
Again, we stand in the pool
with a small swimming ring in each hand
We press the rings gently into water
until both hands are just submerged
Start marching with both legs
and push both hands out together
Stretch out then draw back
You can do it slowly
and speed up gradually when you feel ready
The tenth movement is Breast Stroke
Just like before
we hold two small swimming rings
and gently press them down
March by lifting your legs alternately
and move the arms outwards
like you're doing breast stroke

Maximise the range of movement
and pick up speed if allowed