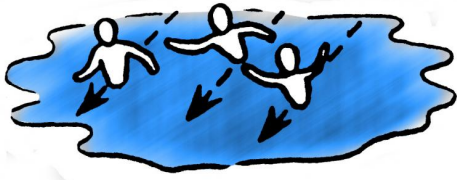


Race in the water



You can also do races in the water. Perform forward and backward in knee-, hip- and chest-deep water in succession. In deep water, assist with strong arm movements.

Source credits

- **Cover photo:** Ramun Badertscher, www.ramunbadertscher.ch