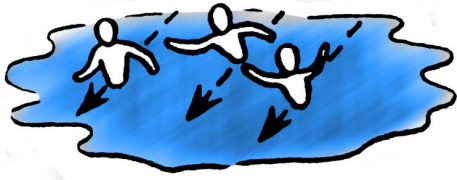


## Race in the water



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

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