



#4 - H³I Aqua Resistance Training

Warm-up

Home base

Jog in place pushing water bells down at sides, one at a time
Repeat Home base between each new exercise

Cardio

Jumping Jacks

Start with arms at side and legs together
Hop out like a jumping jack bringing arms out to a T position (not overhead)
Pull arms in to side as legs come together

-Variations

Full jacks with arms out of water and meeting in front of body
Half Jacks, arms and legs move together quickly with small range of motion
Reverse jacks, arms moving out to sides as legs come together

Cross Country Ski

Start with right leg and left arm out in front of body
Left leg and right arm in back
Scissor kick legs (bring one leg forward with opposite arm)

Downhill Ski

Knees and feet together
Jump from side to side, twisting at the waist
Push and pull water bells from one side to the other

Leg kicks

Kick out to front, alternating legs
Push water bells down to the sides at the same time

Vaudeville

Lean forward slightly
Push and pull water bells through the water in front of you
Kick legs to the back, alternating legs

Hoedown

Lean to the left side, pushing water bell down on left side
Bend right knee and pull right arm up at side
Alternate sides leaning to the right and bring left knee and arm up at side

Variation

Kick out to side as push water bells down in front of body, alternating side kicks

Hamstring Curl (Kick Butt)

Kick heels to back (up to buttocks)
Alternate legs
Push water bells down to side, one at a time

High Knees (Football Drill)

Bring alternate knees up toward chest
Push water bells down at sides

Flashdance

Run fast in place
Move arms quickly at your sides

Rocking Horse

Right knee up, lunge forward, kick back with left leg extended
Push water bells forward in the water as lunge forward
Transfer weight to the left leg in back
Pull water bells through the water
Switch lead leg

Variations

Use breast stroke arms
Butterfly arms

Cool-Down

Walk width of pool
Walk with long strides

Walk tight-rope
Balance on one foot

Stretches

Calf

Hamstring

Shoulder

Bicep

Triceps

Chest

Upper Back