



## H3 Deep Water Conditioning

Emphasize good posture, tall, shoulders back, not leaning forward or collapsing the chest.

### Warm up

Slowly bicycle legs  
Circle arms at sides  
Easy jog  
Wide jog (knees apart)

### Cardio

#### High Knees

- Bring alternate knees up toward chest
- Move arms at side

#### Hamstring Curls

- Kick heels up in back (toward buttocks)
- Alternate legs
- Move arms at side

#### Variation:

- Hamstring curls with legs out wide

#### Suspended Jacks

- Start in T-position (legs together and arms out to sides)
- When legs are apart, arms move in to the center
- When legs are together, arms move out to sides
- Legs move opposite of arms

#### Laps

- Bicycle forward, breast stroke arms
- Bicycle backward pulling arms through water
- Cross country ski, hands cupping water
- Jog forward, arms moving at side

#### Diamond Legs

- Bring soles of feet together
- Bring feet toward body
- Kick legs out to a V (legs parallel to surface of water)

#### Line Jumps

- Start with legs together



- Jump from front to back over imaginary line
- Jump from side to side over imaginary line

#### 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 opposite arm forward with opposite leg

#### Straight Leg Kicks

- Kick legs out in front, alternating legs
- Kick low and slow, then higher and faster

#### Bicycle Interval

- Bicycle legs 30 seconds at easy pace
- Bicycle legs 30 seconds at medium pace
- Bicycle legs 30 seconds at fast pace (with good form)

#### Reverse Crunch

- Start with legs together
- Bring knees up toward chest
- Push legs down toward bottom of pool

#### Reverse Oblique

- Start with legs together
- Bring knees up to chest and roll onto side
- Kick legs straight out in opposite direction
- Alternate sides

#### Cool down

- Same as warm up

#### Stretches (shallow end)

- Hamstring
- Quadriceps
- Inner thigh
- Glutes
- Shoulder
- Upper Back