



## H3 Hydro Circuit

### Instructions:

To set up hydro circuit you simply set up 12 stations around the perimeter of the pool. These stations can be arranged in any order and marked with signs or cones. You warm up for 5 minutes by doing light cardio such as a light swim or grapevine. You spend 2 minutes at every station and rotate in a clockwise fashion until you've completed all of the stations. Finish up the exercise routine with a warm down and stretching session.

### **Warm-up:**

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

### **Shallow end stations:**

#### High knees

- Bring alternate knees up toward chest
- Move arms at side (you can hold water weights for a harder workout)

#### Power squats (if you have bad knees do regular squats and/or go into deeper water)

- Feet shoulder width apart
- Squat down like you are going to sit in a chair and then explode upwards into a straight jump. When you land your legs should be bent to catch you. Return to proper squatting position and repeat.

#### Backpedaling

- Jog or walk backwards from wall to wall

#### Grapevine

- Step to the side and cross the other leg in front
- Step to the side again and cross the other leg behind

#### Push-ups

- Place feet together 1-3 feet from the pool wall
- Lean forward and place hands a little wider than shoulder width apart on the pool ledge
- Keep your body straight and lower yourself to the wall and then push back up to the starting position

### **Deep end stations:**

#### Vertical crunch (this move requires a noodle)

- Start with noodle behind back
- Bring knees up to chest
- Push legs down to bottom of pool



#### Pendulum crunch (this move requires a noodle)

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

#### Swimming laps

- Pick any stroke you like (breast, free, back or fly) and swim from wall to wall
- Leg raises
- Start by facing and holding the pool ledge
- Alternate raising your legs to the side

#### Flutter kick

- Start by facing and holding the pool ledge
- Raise your body so it is horizontal and kick your legs

#### Cross country ski (this move is done with water weights to help you stay afloat. It can also be done in the shallow end with no weights)

- 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

#### Jumping jacks (this move is done with water weights to help you stay afloat. It can also be done in the shallow end with no weights)

- 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

#### Cool down:

- Walk width of pool
- Walk with long strides
- Walk tight-rope
- Balance on one foot