

## **JANET'S DEEP WATER WORKOUT**

### **WARM-UP**

1. One lap across and back of slow jogging.
2. Jog on the wall (knees to chest, kick straight back)

### **STRETCHING**

Head to toe active stretching

### **CARDIO**

This section consists of "laps" across the deep end and push-ups on the wall between every lap. Wall work is done after push-ups to give time for everyone to complete the push-ups before starting another lap.

#### **The Push Ups:**

The push-ups are done in this order: forward with hands shoulder width apart, backward, forward with hands on top of each other, backward, forward with fingers pointed in at each other, backwards, forwards with hands shoulder width apart, backward, and the grand finale that consists of a minimum of 20 push-ups with holds at the top and the bottom of designated push-ups.

#### **The Laps:**

The laps include all or some of the following:

Don't forget: pushups at the end of every lap!

1. jogging forward and backward
2. cross country ski forward and backward
3. bicycle legs and arms can do one of the following: scratch your back, down and up-out and in, or flasher arms
4. hand behind your back and big legs forward and backwards (like cross country legs)
5. breast stroke arms only, seated in a chair, forward and backward
6. flutter kick forward and backward, at any point in the lap we "flutter down below" with legs right beneath us and dumb bells in the air
7. interval flutter kicking on the wall
8. push up frogs (with dumb bells, the arms push downward as the legs do a large frog kick
9. stomp the grapes with the legs, the arms bicycle forward with dumb bells and then backwards
10. sideways papa's, with arms out of the water the legs do a sideways frog kick

### **The Wall Work:**

1. kick the wall, big kicks with legs down below as they alternate kicking the wall, hands in the gutter
2. kick the wall, with no hands
3. swing thru's with hands, both legs kick the wall together and up high on the wall then kick directly behind you
4. swing thru,s no hands
5. jog it on the wall, pull knees to the chest then kick directly behind, alternate toes pointed and feet flat
6. reach it side to side as legs kick out

### **The Circle Work:**

This last section is done as the group is in a large circle

1. kick outs, no hands
2. half jacks
3. swing thru's
4. reach side-to-side
5. tread-up, legs scissors kick as arms press down
6. papa's in place
7. tread down below
8. power tread, do whatever you have to do to keep your shoulders up

### **COOL DOWN**

Slow laps across the pool, stretch out on the wall

### **TONING**

All though the noon deep does not allow time for toning, some class members stay and we try to do stomachs, legs or arms.

# Deep Core Challenge – Choreography Notes

Take away 10 deep water choreography combinations!

Music: Promotion Music – Lovin the 60's - 126 BPM  
1-800-843-6499, [www.dynamixmusic.com](http://www.dynamixmusic.com)

#1 - Jog forward x 8 w/ alt. front crawl arms (16) leg Curl in place w/ swing or skull arms x 8 (16) jog backwards w/ half-time back stroke arms x 4 (16) jogs in place w/ alt. back crawl (scoop) arms x 7 & hold (16) 64 cts

#2 - Jog forward x 8 w/ no arms (16) alt. kick (*soldier march*) in place x 8 (16), jog backwards w/ half-time back stroke arms x 4 (16) jog syncopate in place x 2 (16) 64 cts

#3 - Single heel reach in place x 4 (16) single heel reach w/ side travel x 4 (16) frog tucks x 8 w/ 4 up & down 4 option (32) Reverse lead 64 cts

#4 - Jack travel forwards w/ lat pull x 4 (16), side lunge x 4 (16), lunge backwards x 4 (16) flutter kick 7 & hold (16) 64 cts

#5 - Jack travel sideways x 4 (16) ski cha cha w/ short lever (8) ski 3 & hold w/ long lever (8) Repeat and reverse direction 32 cts

#6 - Ski travel sideways x 8 (16) Jack Syncopate (16) Reverse lead 32 cts

#7 - Kick in three x 4 (32)

#8 - Ski 3 & tuck x 2 (16) twist in three (8) mogul in three (8)

#9 - Jack tuck x 4 (16) Alt. mogul side & center x 2 (8) Front center & back center Tuck & shoot (8) 32 cts

#10 - Jack tuck (4) & hold 2 (4) roll back to supine on hold crunch x 5 (20) reset back to vertical position (4) 32 cts

Mark Grevelding/ Fit Motivation \* Deep Core challenge is available on DVD\*  
[markgrev@aol.com](mailto:markgrev@aol.com)  
[www.fitmotivation.com](http://www.fitmotivation.com)

## DEEP WATER AQUA FITNESS

AUDREY OLIVE

### **Warm Up**

Water Walk  
Cross Country  
Wide leg Jog

#### Arms:

Palms up and down  
Reach over the top  
Breast stroke  
Figure 8's  
Shoulder shrugs/circles  
Tap and circle (reverse)  
Touch shoulder, back and up

#### Legs:

Short leg kick  
Screen Door  
Bent knee hip circles  
Scissor legs (front, back, open and close)  
Swivel legs together  
Ankle circles

### **Cardio**

Water jog  
Cross Country  
Breast stroke/ frog legs  
Submarines (right, left, both feet)  
Repeater splits

Breast stroke in chair (front and back)  
Side stroke (both sides)  
Dolphins (back, front and side)  
Diamond legs/breast stroke (front and back)

Flutter kicks(intermittent) arms up/shoulders up  
Stomp grapes (wide leg jog/elbow to knee)  
Sprints (forward and back)  
Straight leg swim kick (back and belly)  
Bicycle legs (face wall or on back)  
Frog kicks (knees open and close together/arms tread water)  
Biceps push ups (on wall or with arm weights)  
Triceps push ups  
Pop ups (straight arms, backside out of water)  
Pull thru  
Straddle pull thru  
Rocket kicks (arms on wall, push one leg off wall)  
Rebound kicks (swing thru)  
Power kicks (pop)

### **Cool Down**

Water walk  
Cross country  
Wide leg jog

**Toning with  
arm weights**

Breast stroke arms only  
Cross Country  
Scissor arms (front and back)  
Bicycle legs (scratch back, punch down, curl)  
Arnolds (arms bent, touch weights below belly button)  
Straight legs/arms touch under knees

**Toning with  
noodles**

Crunches  
#4 crunches  
Submarine crunches (scissor legs, hold up right then left foot or both)  
Triple crunches (side, front, side)  
Diamonds (Press soles of feet together, toes pointed down, raise knees side to side)  
Diamond on back  
Pull thrus  
Straddle pull thrus  
Cleopatras  
Helicopters  
Rickshaw (2 people, 2 noodles, one bicycles, one rides across pool)  
Tug o war  
Jump rope  
Surf board  
  
Toes up and down  
Scissor legs out, in, up and down

**Stretching**

Arms:

Touch shoulder, back, up  
Tap and circle  
Shoulder shrugs  
Figure 8  
Breast stroke  
Reach over the top  
Palms up and down

Legs:

Swivel legs together  
Scissor legs  
Screen doors  
Bent knee hip circles  
Short leg kick  
Flat footed on wall and stretch  
Flat footed on wall and wag tail  
Feet wide next to hands  
Leg lunge (left then right)

Birthing position (feet outside hands and pull body forward)  
Hurdler stretch (one foot on wall, one straight back, switch)  
Quad stretch  
Figure 4 leg stretch

Head side to side  
Ear to shoulder, push opposite shoulder down  
Chin press

Ankle and wrist circles

# DEEP WATER AQUA FITNESS

WARM UP

- \* WATER WALK
- \* CROSS COUNTRY
- \* WIDE LEG JOG

STRETCHING

ARMS

- \* PALMS UP/DOWN (BENT ARM/STRAIGHT ARM)
- \* REACH OVER THE TOP (STRAIGHT ARM STRETCH OUT AND ACROSS)
- \* BREAST STROKE (REVERSE)
- \* FIGURE 8
- \* SHOULDER SHRUGS/CIRCLES
- \* TAP AND CIRCLE (REVERSE)
- \* TOUCH (SHOULDER, BACK, UP)

LEGS

- \* SHORT LEG KICK
- \* SCREEN DOOR
- \* BENT KNEE HIP CIRCLES
- \* SCISSOR LEGS (FRONT/BACK, OPEN/CLOSE)
- \* SWIVEL LEGS TOGETHER
- \* ANKLE CIRCLES

PRE CARDIO

- \* WATER JOG
- \* CROSS COUNTRY
- \* BREAST STROKE/FROG LEGS
- \* SUBMARINES (RIGHT FOOT, LEFT FOOT, BOTH FEET)
- \* REPEATER SPLITS (FRONT, BACK, SIDE)
- \* BREAST STROKE IN CHAIR (FRONT/BACK)
- \* SIDE STROKE (BOTH SIDES)
- \* DOLPHINS (BACK, FRONT, SIDE)
- \* DIAMOND LEGS/BREAST STROKE (FRONT/BACK)

HIGH INTENSITY

WALL WORK

- \* FLUTTER (INTERMITTENT) ARMS UP/SHOULDERS UP
- \* STOMP GRAPES (WIDE LEG JOG/ELBOW TO KNEE)
- \* REBOUND KICKS (SWING THRU)
- \* POWER KICKS (POP)
- \* SPRINTS (FORWARD AND BACK)
- \* FLUTTER KICKS
- \* STRAIGHT LEG SWIM KICK (BACK OR BELLY)
- \* BICYCLE LEGS (FACE WALL OR ON BACK)
- \* FROG KICKS (KNEES OPEN AND CLOSE TOGETHER/ARMS TREAD WATER)
- \* BICEPS PUSH UPS (ON WALL OR WITH ARM WEIGHTS)
- \* TRICEPS PUSH UPS
- \* POP UPS (STRAIGHT ARMS, BACKSIDE OUT OF WATER)
- \* PULL THRU
- \* STRADDLE PULL THRU
- \* ROCKET KICKS (ARMS ON WALL, PUSH ONE LEG OFF WALL)
- \* REBOUND KICKS (SWING THRU)
- \* POWER KICKS (POP)

POST CARDIO

SEE PRE-CARDIO

# LAST 15 MIN. OF CLASS

CONTINUED

(INCLUDES STATIC STRETCH)

	ARM WEIGHTS	TONING * BREAST STROKE ARMS ONLY * CROSS COUNTRY * SCISSOR ARMS (FRONT/BACK) * BICYCLE LEGS (SCRATCH BACK, PUNCH DOWN, CURL) * ARNOLDS (ARMS BENT, TOUCH WEIGHTS BELOW BELLY BUTTON) * STRAIGHT LEGS ARMS TOUCH UNDER KNEES * TRICEP PRESSES
	AB WORK WITH ARM WEIGHTS	* CRUNCHES * #4 CRUNCHES (ON BACK AND SIDE) * SUBMARINE CRUNCHES (SCISSOR LEGS, HOLD UP RIGHT/LEFT LEG OR BOTH) * TRIPLE CRUNCHES (SIDE, FRONT, SIDE) * DIAMONDS (PRESS SOLES OF FEET TOGETHER, TOES POINTED DOWN, RAISE KNEES TO ONE SIDE AT A TIME) * DIAMONDS ON BACK CAN ALSO DO PULL THRUS, STRADDLE PULL THRUS, CLEOPATRA, HELICOPTERS
	NOODLES	<i>* Straight leg crunch</i> * RICSRAW (TWO PEOPLE, TWO NOODLES, ONE BICYCLES ACROSS POOL) * TUG O WAR (TWO PEOPLE, BOTH BICYCLE OPPOSITE DIRECTIONS) * JUMP ROPE * CLEOPATRA * PULL THRU * STRADDLE PULL THRU
	NOODLES WITH RUBBERBANDS	* HELICOPTER * SURF BOARD <i>* Swing sit &amp; dolphin kick</i> * TOES UP (IN/OUT, HOLD, PULSE) * TOES OUT (IN/OUT, HOLD, PULSE) * TOES IN (IN/OUT, HOLD, PULSE) * SCISSOR LEGS UP AND DOWN
	LEG DONUTS	* CROSS COUNTRY * ANKLE TOUCHES * SCISSOR LEGS (FRONT, BACK, IN, OUT) * FIRE HYDRANTS * PULSE BACK * CIRCLE (OUT TO THE SIDE)
	ARMS	STRETCHING ARMS (CAN GO BACK TO ANY STRTCHING ARM MOVES LISTED ON FIRST PAGE) * REACH OVER TOP THEN HOLD * STRAIGHT ARM OUT AND ACROSS THEN HOLD LEGS (CAN GO BACK TO ANY STRETCHING LEG MOVES LISTED ON FIRST PAGE) * FLAT FOOTED ON WALL AND STRETCH * FLAT FOOTED ON WALL AND WAG TAIL * FEET WIDE NEXT TO HANDS (HOLD)
	LEGS	* LEG LUNGE (LEFT THEN RIGHT) * BIRTHING POSITION (FEET OUTSIDE HANDS AND PULL BODY FORWARD) * HURDLER STRETCH (ONE FOOD ON WALL, ONE STRAIGHT BACK, SWITCH) * QUAD STRETCH * FIGURE 4 STRETCH
	HEAD	* SIDE TO SIDE * EAR TO SHOULDER, PUSH OPPOSITE SHOULDER DOWN * CHIN PRESS (CHIN LEVEL, FORWARD AND BACK) * ANKLE AND WRIST CIRCLES