

Water Workout – Focus on the Lower Body

Warm-up:

Jog – lap
Jog – Wide-knee lap
Cross Country – lap
Front Lunges – lap
Side Lunges – lap

Main Work-out:

Elbow-to-knee: in front, then to touch heel in back

- Right elbow/hand to left knee/heel; sets of 8
- Left elbow/hand to left knee/heel; sets of 8
- Double time

Low front kicks: kick from knee only at 45-degree angle

- Double time

Karate kick

- Right side (set of 8 to same side)
- Left side (set of 8 to same side)
- Alternate sides (set of 8)
- Front to rear, same leg, with touch in-between
- Front to rear, same leg, no touch in-between

Jumping jacks: one leg at a time, bouncing on other leg

- Right leg, count of 8
- Left leg, count of 8

Reverse power jacks: feet land spread apart

- add 3 flutter-kicks in center

Power jacks: feet land together in center

- Front and Back: 8 count with Right leg in front; switch; 8 count with Left leg in front
- Alternate front/back & sides (feet landing in center)

Lucky Charms: In place, feet land together in center

- Reverse Power jack (feet land spread apart) w/ Lucky Charm in center

Jack tuck: Clap hands under legs

- Jack tuck w/ dolphin kick to front in center (may be better as Deep H2O move)
- Jack tuck alternating to front/back and to sides
- Diagonal Jack tuck
- Jack tuck with Karate kick: 3 jacks, then Karate kick to right, 3 jacks, Karate kick to left, etc.

Rocking horse

- Add low kick: Rt. leg in front, Rocking horse 3 counts, low kick w/right leg; switch to left leg in front, Rocking horse 3 counts, low kick w/left leg; repeat.

Road runners: In place, feet land together in center

Cross Country ski: with tuck, set of 8

- Diagonal ski w/tuck, alternating right leg and left leg in front
- Heel skis: lead with arch of foot
- Mini skis: increase tempo

Pendulum

- Travel right 8 counts, hold & bounce on right leg and swing left leg 3x; travel left, hold & bounce on left leg and swing right leg 3x, etc.
- Set of 3 pendulums in place, then Karate kick to left; 3 pendulums, Karate kick to right, etc.
- Set of 3 pendulums, hold on left leg and kick left to rear; set of 3 pendulums, hold on right leg and kick right to rear, etc.

Toning segment with noodle:

(Some moves may not be recommended for pregnant women, or individuals with hip replacements.)

Place noodle behind back, below elbows.

1. In chair position, knees bent, force both knees wide apart, set of 8
 - Hold position wide for 5 seconds
 - Pulse in wide position, 8 counts
2. In chair position, legs straight (pike position), force legs wide apart, set of 8
 - Hold position wide for 5 seconds
 - Pulse in wide position, 8 counts
3. In chair position, legs straight (pike position), force legs wide apart, then together & cross ankles, set of 8

Place noodle under rear or between legs.

1. One leg at a time, swing leg forward & pull back (like trying to get higher on a swing), set of 8, then switch legs
2. Start from relaxed position, floating on back: slow pelvic tilt
3. Slow pelvic tilt, then bring both knees together into center (hip level)
4. Slow pelvic tilt, then bring one knee at a time into center, alternating legs
5. Slow pelvic tilt, legs straight, 6 kicks out-of-water, release
6. Legs spread wide, touch right hand to left ankle/ left hand to right ankle, etc.

Remove noodle. Cleopatras side-to-side, touching the floor between sides.

Final stretches:

1. Plie, stretch arms up and hold; slowly climb rope
2. Sway right to left, arms overhead, hold at each side; sway with arms under water
3. Hug body with pelvic tilt & chin tucked: hold and exhale forcefully
4. Place hands on small of back; force shoulders back and hold (shoulder blade pinch)
5. Shoulder rolls: front to back; ear to same shoulder, hold, and switch sides

Sample Lesson Plan – Interval Training Workout

Warm-up (5 min.)

- Jog across pool; 2 laps
- Cross Country; 2 laps
- Rocking Horse; 2 laps
- Half – Jacks; 2 laps
- Side Lunges; 2 laps
- In place: High-knee jog w/ bicep curls and presses (from elbow); then same w/ straight arms (presses from shoulder) from water surface down to sides, then from water surface in front of body to surface behind body back to front, etc.

Stretches (5 min.)

All standing in place:

- Legs together, feet flat; arms out straight in front of body, hands clasped, twist from waist in baseball swing (180 degree rotation at waist).
- Legs together; arms straight down at sides, slowly drop right arm down to right knee, then left, alternating sides (similar to standing oblique crunches).
- Stand on left leg, right leg swings forward and back from hip, then out to right side and together. Repeat with left leg.
- Stand on left leg, right leg circles from hip, both directions. Repeat with left leg.
- Stand on left leg, raise right knee up parallel to water surface, then kick same leg out behind body, then back to start. Repeat with left leg.
- Standing straight, slowly raise up on toes, then back on heels (repeat 3x).
- Standing straight, stretch body tall on toes, arms above head, hold, then release (repeat 3x).

Jog in place.

Interval Training (36 min.)

Using Cardio-Strength Training Format

Cardio 1 min. Wide-knee jog, arms punch down between legs

1 min. High-knee jog, arms punch out in front of body

1 min. Hamstring jog (heels kick rear), arms punch down at sides

Toning 1 min. Right knee raises (noodle under right foot)

1 min. Left knee raises (noodle under left foot)

1 min. Heel raises to rear (noodle on top of foot – 30 sec. each side)

Cardio 1 min. Cross country

1 min. Toy soldiers

1 min. Rocking horse

Toning 1 min. Noodle push-ups

1 min. Tricep presses (using noodle, held behind back)
1 min. Heel touches (touch opposite heel to opposite end of noodle, holding noodle behind back)
Cardio 1 min. Over the log
1 min. Moguls w/ tuck
1 min. Pogo sticks
Toning 1 min. Front crunches
1 min. Left oblique crunches (left ankle on right knee)
1 min. Right oblique crunches (right ankle on left knee)
Cardio 1 min. Lemon pushers
1 min. Beestings
1 min. Garlic presses
Toning 1 min. Cleopatras
1 min. Pull-throughs (front to back Cleopatras)
1 min. Helicopters
Cardio 1 min. Cannonball jacks
1 min. Cross country w/ tuck
1 min. Papa frogs
Toning 1 lap Ride noodle, legs only (1.5 min.)
1 lap Ride noodle, arms only (1.5 min.)
Cardio 1 min. Half jacks
1 min. Spiderman (elbow to knee, same side)
1 min. Pendulum
Toning 3 min. Kick at wall (alternate 30sec. fast, 30sec. slow, 30sec. fast, etc.)

Cool Down (10 min.)

Laps across pool: (2 each)

- Cross country
- Rocking horse
- Opposite heel to opposite hand behind, jogging
- Opposite heel to opposite hand in front, jogging
- Bicep curls with jog
- Side lunges
- Grapevines
- Walking, broad steps, straight arm swing

Stretches (5 min.)

All standing in place:

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- Standing straight, stretch body tall on toes, arms above head, hold, then release (repeat 3x).

The End