



Arizona Pool Water Workout

Equipment: This workout requires minimal equipment, a noodle. One per class participant.

Warm-up – 8 - 10 Minutes – without noodle.

1. Walking/jogging in a big circle or in you own straight line.
2. Side plie steps. 8x each leg
3. Power walk 8 x repeat 2 times.
4. Slow straight legged flutter kicks, holding on side of pool, no splashing. 20x.
5. Walking Knee Lift – Clap under leg. 15 x – 20x.
6. In-place twists.

Cardio Workout – 35 - 40 minutes

1. Running – Place noodle around back and under arms. Run/travel with legs 3- 4 minutes. Run backward for 1 - 2 minutes.
1. Jump Froggies – Stand wide with feet flat; knees are bent and turned out in external hip rotation. Holding noodle in front for stability, bring both feet up and clap together beneath body; return to start. Repeat 15 x. Then do doubles. 8 x.
2. Cross- Country Skiing – Wrap noodle around back and under arms. Scissor legs back and fourth as if skiing.
3. Front Kick (rear leg) – Extending the noodle in front of body. Step back with rt leg, square hips, lift rt knee and extend. Bend knee, bring leg back down behind you and return to starting position. Repeat 8x and change legs.
4. Jog, Jump and Tuck – Travel, jog, fast walk or run for 3 counts; jump and tuck knees into chest. This is one rep. Repeat 10 x. Hold noodle in front for steadiness, if needed.
5. Skateboard Jump – Squat so that water is at shoulder level, hold noodle end with rt hand. Jump and tuck knees toward chest and twist to touch noodle with sides of feet. Return to staring position and repeat on other side. 15 x total.

6. The Twist – Hold noodle in front, or let go if it and use arms under water for resistance. Twist on the spot, moving arms and legs in opposite directions in the same plane. Keep abs in, breath, and work waistline. 16x
7. Windshield Wipers – Stand feet forward, hip distance apart. Hold ends of noodle so that it makes an arc. Keep elbows near waist, forearms parallel. Stabilize by keeping hips still and abs tight. Move noodle through water side to side like wipers.
8. Vertical Breast Stroke – While straddling or sitting on the noodle like a swing, move forward through water using breast stroke arms movement. Retract shoulder blades and push forcefully.
9. Triceps – Stand feet hip distance apart, arms by waist, knuckles facing forward. Bend arms so that forearms rest just below water's surface or parallel to bottom of pool. Extend elbows and push water down with palms. Return to starting position. Begin with moderate tempo then do 20-second intervals by increasing speed and intensity.

Optional Triceps – Dips on side of pool or stairs. Palms on the edge of pool or stair, lowering and lifting your body weight from a straighten arm position to 90 degrees and repeat 10 – 12x.

10. Side Pool Flutter Kicks – Holding the side of the pool kicking legs behind you to make a splash. Straight legs or bent. Kick for 20 seconds. Repeat 2 x.

Cool down – 8 – 10 minutes

1. Power walk
2. Slow standing walking breast stroke.
3. Moving sideways, take big step out to side with right leg and squeeze training left leg, 8x.
4. Hold onto sides of pool, shoulders down. Put feet up on wall and stick backside out and away, initiating a good stretch in hamstrings.
5. Stand tall and pool shoulder in large circles and reverse.

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