



## H3 Aqua Resistance

### Warm-up

#### Home base

- Jog in place pushing water bells down at sides, one at a time
- Repeat Home base between each new exercise

### Cardio

#### Jumping Jacks

- 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

#### 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 one leg forward with opposite arm)

#### Downhill Ski

- Knees and feet together
- Jump from side to side, twisting at the waist
- Push and pull water bells from one side to the other

#### Leg kicks

- Kick out to front, alternating legs
- Push water bells down to the sides at the same time

#### Vaudeville

- Lean forward slightly
- Push and pull water bells through the water in front of you
- Kick legs to the back, alternating legs

#### Hoedown

- Lean to the left side, pushing water bell down on left side
- Bend right knee and pull right arm up at side
- Alternate sides leaning to the right and bring left knee and arm up at side





### ***Variation***

- Kick out to side as push water bells down in front of body, alternating side kicks

### **Hamstring Curl (Kick Butt)**

- Kick heels to back (up to buttocks)
- Alternate legs
- Push water bells down to side, one at a time

### **High Knees (Football Drill)**

- Bring alternate knees up toward chest
- Push water bells down at sides

### **Flashdance**

- Run fast in place
- Move arms quickly at your sides

### **Rocking Horse**

- Right knee up, lunge forward, kick back with left leg extended
- Push water bells forward in the water as lunge forward
- Transfer weight to the left leg in back
- Pull water bells through the water
- Switch lead leg

### ***Variations***

- Use breast stroke arms
- Butterfly arms

### **Cool-Down**

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

### **Stretches**

- Calf
- Hamstring
- Shoulder
- Bicep
- Triceps
- Chest
- Upper Back

