



## Aqua Workout (30 minutes)

This is a great workout to do in your pool at home. If you don't have aqua dumbbells use why not cut up a pool noodle instead.

### Warm up (6 minutes)

- Jogging on the spot pushing alternating arms forward - (30 secs)
- Jogging on the spot pushing alternating arms side to side – (30 secs)
- Jogging on the move (up the pool) with breast stroke arms – (30secs)
- Small flick kicks, pushing alternating arms forward – ( 30 secs)
- Side step on the move (up the pool) (30 secs)
- Knee lifts clapping hands under the leg (30 secs)
- Repeat from the beginning.

### Cardio (15 mins)

1. Rocking Horse with Right leg forward – (30 secs)
2. Rocking Horse with Left leg forward – (30 secs)
3. Jumping Jacks crossing arms in front of body – (30 secs)
4. Scissors with Long arms and legs – (30 secs)
5. Pencil swing, legs straight side to side, both arms swing in opposite direction to leg - (30 secs)
6. Frog Jumps, knees out to the side, push hands down – (30 secs)
7. Sprinting on the spot, lifting knees and moving arms as fast as possible – (30 secs)
8. Running on the move (up the pool) using the arms, alternating forward and back – (30 secs)
9. Straight leg forward kicks, reaching opposite arm to foot – (30 secs)
10. Running on the spot, alternating legs, in, in out, out, in, in, out, out, etc. arms move forward, forward, side, side, forward, forward, side , side etc. as fast as possible – (30 secs)

Repeat all above another 2 times through.

### Resistance work with Dumbbells (5 mins)

1. Pushing dumbbells down strengthening shoulders – (30 secs)
2. Punching dumbbells Alternating arms across the body. Strengthening chest and shoulders – (30 secs)
3. Tricep kick backs, keeping upper arms still and pushing dumbbells back – (30 secs)
4. Chest press, with a slight bend in the elbows bring the dumbbells together in front of the body – (30 secs)
5. With a slight bend in the elbows, start with both dumbbells out in front on surface of water then slowly bring them down and just past the body, squeezing the shoulder blades together. Strengthening the back muscles – (30 secs)

Repeat from the beginning of resistance work.

Finish with a 5 minute stretch, stretch the quads, hamstring, shoulders, triceps, chest upper back and neck.