

# Aquatic Fitness Program



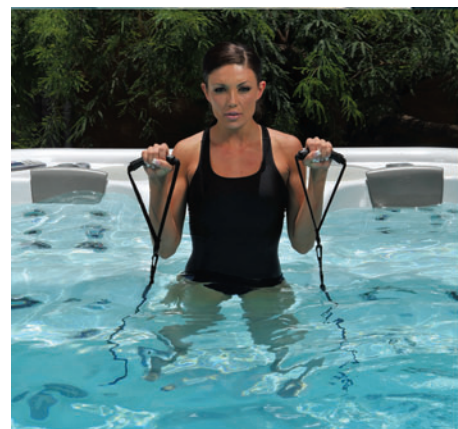


# UPPER BODY



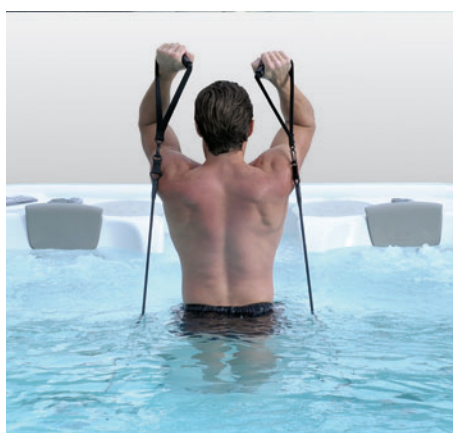
## Standing Bi-cep Curl

Start with your palms facing forward, arms extended downward, and shoulder width apart. Bring handles towards your upper chest keeping elbows tucked into your sides. Pause at the top of the movement, then slowly lower to hip level keeping elbows bent.



## Standing Reverse Forearm Curl

Start with your palms facing backward, arms extended downward, and shoulder width apart. Bring handles towards your upper chest, keeping elbows tucked into your sides. Pause at the top of the movement, then slowly lower to hip level keeping elbows bent.



## Standing Tri-cep Curl

Start with your arms fully extended above your head, elbows slightly bent, shoulders relaxed. Keeping elbows pointed forward, close to your ears, lower fists behind your head downward. Hold momentarily then push up to the starting position.



## Standing Military Press

Start with your arms and elbows held out, fists at chest level. Lock your legs and hips. Press straight upward and overhead. Lower to your starting point (upper chest or chin, depending on what is comfortable) momentarily then press upward again.



## Lateral Arm Extension

Start with hands to your sides. With elbows locked, raise arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists. Lower and repeat.



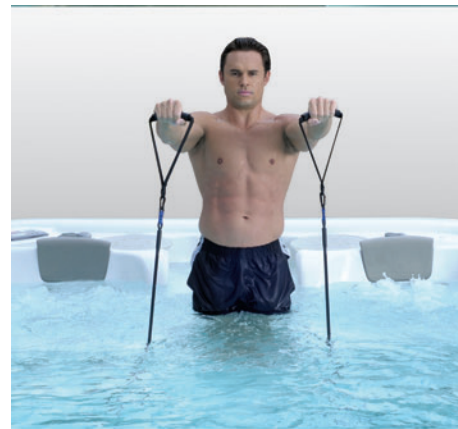
## Standing Butterfly

Start with right foot against bottom step and left foot flat on pool bottom. Position arms parallel to the ground and even with shoulders, elbows and knees slightly bent. Push arms together slowly, keeping elbows locked in bent position. Squeeze chest muscles and hold, return to start.



## Reverse Lateral

Start with right foot against bottom step and left foot flat on pool bottom. Keeping knees slightly bent, position hands together in front of body at waist level. Pull slowly up and out while squeezing your shoulders in the middle. Hold and return to start.



## Standing Front Arm Extension

Start with arms at sides, standing straight up, knees slightly bent. With elbows locked slightly, raise upper arms straight out in front of body until arms are level with shoulders. Pause at the top of the movement squeezing arm and shoulder muscles, then slowly lower and repeat.





# LOWER BODY AND AEROBIC



## Forward Leg Lift

Start with feet together, flat on pool bottom. Standing with knees and back straight, raise leg upward until parallel with bottom. Pause at the top of the movement, slowly lower and repeat. Alternate legs between sets.



## Outer Thigh Abductor

Keeping your backside straight against the wall, with feet side by side on pool floor, raise one leg out to the side and upward. Pause at the top of the movement, slowly lower and repeat. Alternate legs between sets.



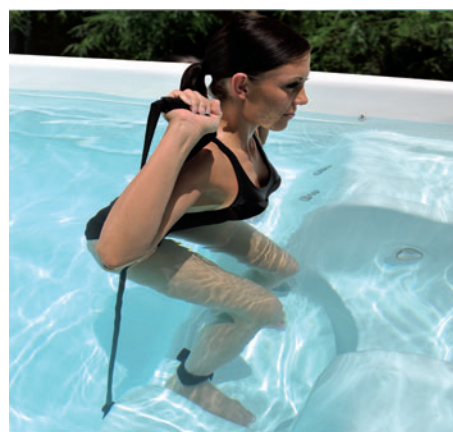
## Inner Thigh Abductor

Keeping your backside straight against the pool wall, feet shoulder width apart and knees locked, pull inside leg across the front of opposite leg just past the outer foot. Slowly return to start position, and repeat. Alternate legs between sets.



## Rear Leg Lift

Keeping knees and hips bent forward slightly, and abs tight, slowly "kick" the working leg back in a semicircular arc as high as it will comfortably go. At full extension, squeeze glutes for peak contraction, slowly lower and repeat. Alternate legs between sets.



## Squats

Start with legs spread slightly more than shoulder width apart on first step. With hands at shoulders, back straight, and eyes looking forward lower back end into a squatting position. Slowly return to starting stand position, keeping hands at shoulders, and repeat.



## Standing Calf Raises

Standing straight with your toes on the edge of the first step and hands at your shoulders, rise up on your toes as far as possible. Hold, then slower return to the starting position and repeat.



## Aqua Jogging

Walking, jogging or running against the fully adjustable PowerStream jets is a great way to get in an aerobic workout. Meet your fitness goals with optional Speedo training equipment, which can be used to target specific muscle groups.



## Rowing

Sitting on second step, bent forward slightly at the waist keeping back FLAT, slowly draw the handles towards your abs while simultaneously leaning back until your torso is perpendicular to the floor. Slowly return to the starting position by leaning forward and repeat.

