

Here are a lot of class routines for different formats. The dictionary is at the end. Enjoy. – Cindy Krafft

Sample Exercises Aqua Sports:

Skiing –

Cross-country, Options -Regular, with a tuck, fast, Level II

Skating, CC wide as though skating up hill; Options: fast , big, with arms, travel

Running, An uphill ski run fast with arms buoys if desired

Telemarking, Rebounding CC with tuck adding turn if desired

3 pulse lift if desired

Downhill skiing

Moguls, side to side with tucks. Level II for powder

Jumps, Ski then jump as if over a bump, add: Single twists, straddles, splits.

Quick 1 2 split or scissor

Freestyle one foot moguls, ski backwards, over the tips...

If you have a water step or two – intense leg work moguls all over back, one leg moguls. Mogul to jump to top with straddle jump or freestyle jump

Snowboarding-

Half pipe,with turns,

Snowboard turns wide legs etc.

Track and Field

Running

sprints and drills,

Fartlek intervals

High knees or heels

In outs

Javelin, shuffle across throw noodle

Discus: with Frisbee, turn and throw

Jumps

Broad with or without run

High jump over lane line

Long Jump 1, 2, 3, or right left both with run or without

If you have a water step or two – use for jump off and forward

Fencing-Under water parry and thrust, Low high parry, Lead switch.

Tennis (with foam bricks)-One hand Backhands, Forehands, Digs, Stance Moving drills

Basketball (with small balls)- Dribbling with or without travel, passing fakes, jump-shots, run and lay-ups, Harlem Globtrotters – pass around body, pass under knees, Fake and hide, balance on fingertips

Soccer-Front pass, side pass, dribble, fakes

Field Hockey (with foam brick)-Dribbling, passing, shots. Dribble pass combo

Rock Climbing (on gutter)-Traverses, mantles, heel hooks, one-handed, small holds 5 finger, 4 fingers, 3 fingers, 2 fingers, one finger traverse and pullups

Football-Hiking, foot drills, fall backs, blocking, drives,

Water Polo (with a small ball)-Traveling, passing, treading water, protecting, etc.

Croquet – Kill ball, shoots right and left

Golf – swing both leads putt both leads

Combing Patterning Types

2 at a time

Sample Add on Rev. Pyr

JJ	32	16	8	8	8	8	8	8	8for
CC		32	16	8	8	8	8	8	8bk
1 leg swing			16 ea.	8 ea	8ea	8rt	8lf	4rt	4lf
1 leg fish				16 ea	8ea	8lf	8rt	4lf	4rt
Split J					32	16	8	8	8

3 at a time

Base Starting Pattern – Add-On

Jumping Jacks				
	Cross Country	Cross Country	Cross Country	Cross Country
		Cowboy Kick	Cowboy Kick	Cowboy Kick
			Mogul	Mogul
				Tucks

Layer in First Intensity Change repeat 2 or more x

Jumping Jacks, Jack Jumps
 Cross Country, Cross Country with Tuck
 Cowboy Kick, Double Karate
 Mogul, Fast Moguls
 Tucks, One Leg out Other Tuck Alternating

Layer in Second Intensity Change repeat 2 or more x

Jumping Jacks, Jack Jumps, Power Jacks
 Cross Country, Cross Country with Tuck, Suspended CC
 Cowboy Kick, Double Karate, Straddle Jump
 Mogul, Fast Moguls, Suspended Tuck and Shoot Side to Side
 Tucks, One Leg out Other Tuck Alternating, Booth Heels back

Strip out Low Level repeat 3 x

Jack Jumps, Power Jacks
 Cross Country with Tuck, Suspended CC
 Double Karate, Straddle Jump
 Fast Moguls, Suspended Tuck and Shoot Side to Side
 One Leg out Other Tuck Alternating, Booth Heels back

Replace First Intensity with Low

Jumping Jacks, Power Jacks
 Cross Country, Suspended CC
 Cowboy Kick, Straddle Jump
 Mogul, Suspended Tuck and Shoot Side to Side
 Tucks, Booth Heels back

Mirror out first section

Jumping Jacks				
Cross Country				
Cowboy Kick	Cowboy Kick	Cowboy Kick		
Mogul	Mogul			

Tucks

Unilateral

The Swing/ Big Band Add-On Reverse Pyramid Routine

1. Charleston Right Leg – Charleston Left Leg
Repeat 1
2. Leg Swing Right Leg to the Right- Leg Swing Left Leg to the Left
Repeat 1 + 2
3. 8Front Kicks, 8 Back Kicks, 4 Front Kicks, 4 Back Kicks, 2 Front/ Two Back (Hitch Kick)x8
Repeat 1+2+3(right to Hitch Kicks Only)
4. Shuffle Right to the right 8, Shuffle Left to the left 8, Shuffle Right to the right 4, Shuffle Left to the left 4, (Shuffle Right 2 Turn Shuffle Left 2) x8
Repeat 1+2+3 right to Hitch Kicks Only)+4(right to 2 shuffles with turns)
5. Can-Can 8 each leg, 4 each leg, (2 each leg.)x8
Repeat 1+2+3 right to Hitch Kicks Only)+4(right to 2 shuffles with turns)+5 2 each leg only.
6. Moguls hands in water for 8, hands up for 8, hands in 4, hands up 4, (hands in 2, hands up 2)x8
Repeat 1+2+3 right to Hitch Kicks Only)x8+4(right to 2 shuffles with turns)x8+5 (2 each leg only)x8+6(hands in 2, hands up 2)x8

ABSOLUTELY ABS

Warm-up:

Jog with loose arms until water feels warm.

Side to Side Lunge 2 sets of 8

Elbow to Knee (Alternating) 1 set of 8; Right knee to left elbow only 2 sets of 8

"

; Left knee to right elbow only 2 sets of 8

Ab routine: Focus class on proper contraction by pulling belly button in for 3 counts and out for 3 counts. Remember to exhale on contraction, inhale on release. Noodles are around lower ribcage and under tailbone.

V-sit focusing on proper breathing and contraction 2 to 3 sets of 8

V-sit down for 3 up for 1, 1 set of 8; reverse V-sit down for 1 up for 3 (Remember exhale down), 1 set of 8. Pull in double time 2 sets of 8

Cross ankles hold with diamond legs, V-sit as exhale, hold, form diamond, pulse heels towards you, return to surface. 1 set of 8.

V-sit with V legs, 2 set of 8;

V-sit w/ V legs, right ankle to left noodle, meet in middle 1 set of 8, then repeat left ankle to right noodle 1 set of 8.

V-sit hold w/ leg lift, 1 set right leg only, 1 set left leg only. Progression both legs. V-sit hold w/ leg lift and abduction, 1 set right leg only. Lift leg exhale, inhale take out to side, exhale back to center and down. 1 set left leg only. Progression 1 set both legs.

V-sit hold w/ scissor legs, 1 set with toes out of water, 1 set with 1/2 the feet out of the water, 1 set with whole foot out of water. Progression right leg only up, out and across 1 set of 8, repeat with left leg only.

V-sit hold w/ leg circles; 1 set right leg only, 1 set left leg only, 1 set both legs circle clockwise, 1 set both legs circle counterclockwise.

Corkscrews; v-sit hold both legs circle as one unit clockwise for 8 and counterclockwise for 8.

Next exercises are done with a barbell or ball between thighs, progress to between knees.

V-sit with barbell or ball between thighs 1 set of 8.

V-sit w/ X ankles right on top 1 set of 8

V-sit w/ X ankle right hip up 1 set of 8. Repeat with left ankle on top and left hip up.

Reverse crunch; control up only to hips keeping back straight. 1 set of 8. Tic tocs; control side to side movement. 1 set of 8.

Remove barbell or ball.

Shoot Through w/ Turn; start in a plank position with noodle pushed down toward floor keeping back straight tuck and extend to the front, keeping body straight turn whole body until face down again. Alternate turning direction. 1 set of 8.

Reverse crunch w/ push down arms. Plank position with noodle pushed down, tuck knees to chest, keeping back straight, return to plank position, bring noodle to chest, extend noodle, repeat tuck. 1 set of 8.

Swish N Sway 1 set of 8

Alternate Swish N Sway & Shoot Through 1 set of 8,

Swish N Sway 1 set of 4 hold last one on right side.

Side leg lift, laying on side, right hip up, keep hips aligned, NO leaning, try to lift right leg out of pool without moving bottom leg. Progression lift both legs.

Diagonal Jacks; laying on side, right hip up, keep hips aligned. Press right leg up as you push left leg down (jack), focus on pushing apart. 1 set of 8.

Do Swish N Sway 1 set of 4 and repeat Side leg lift and diagonal jacks on left.

Stretch: Using one noodle, hold ends in hands, noodle floating in front.

Tuck right knee towards chest, extend right leg to back and noodle to front, reach to opposite walls, keeping right leg lower than hips. Inhale and go up on left tip toe, hold and exhale for 12 sec.

Inhale and pull lower back to surface of water and left foot off the floor, hold as long as can, repeat 2x's. Return to standing position and repeat with left leg. Stretches abs, hip flexors and lower back.

Take noodle overhead, like a rainbow, sway slowly to right side and hold 12 sec., repeat on left side. Let noodle float.

Rotate shoulders 8x's.

Shoulder shrug, shrug, then press shoulder blades down and together, hold, tilt right ear towards right shoulder, center, repeat to left shoulder.

ABSOLUTELY ABS II

Warm-up:

Jog with loose arms until water feels warm.

Side to Side Lunge 2 sets of 8

Twist (Remember from the armpit) 2 sets of 8

Elbow to Knee (Alternating) 1 set of 8; Right leg to left elbow only 2 sets of 8

" ; Left leg to right elbow only 2 sets of 8 (increase speed)

Ab routine: Focus class on proper contraction by pulling belly button in for 3 counts and out for 3 counts. Remember to exhale on contraction, inhale on release. Noodles are under shoulders and ankles.

V-sit focusing on proper breathing and contraction 2 to 3 sets of 8

V-sit down for 3 up for 1, 1 set of 8; reverse V-sit down for 1 up for 3 (Remember exhale down), 1 set of 8.

Cross ankles, 1 set of 8; Cross ankles right hip up, 1 set of 8, cross ankles, 1 set of 8 cross ankles left hip up 1 set of 8; alternate 4 each, 2 each. All done at land tempo. Cross ankles hold with diamond legs, V-sit as exhale, hold, form diamond return to surface.

V-sit with V legs, 1 set of 8; Horizontal Pendulum, 1 set of 8; alternate another set. V-sit with 4 legs, 1 set of 8; 4 leg crossover, 1 set of 8; alternate 1 set of 8, alternate 1 set of 4, alternate 2 each for a set of 8.

V-sit hold with alternating knee tucks, 1 set of 8; right knee only, 1 set of 8.

" ; left knee only, "

V-sit hold with alternating leg lifts, 1 set of 8; right leg only, 1 set of 8.

" ; leftleg only, "

V-sit hold with alternating knee tuck / leg lifts, 1 set of 8.

Remove noodle from under ankles to do the following moves.

Right knee to left noodle (meet in middle of body) 2 sets of 8. Repeat other side. Right ankle to left noodle (meet in middle of body) 2 sets of 8. Repeat other side. Swish N Sway 1 set of 8

Shoot Throughs 1 set of 8; alternate Swish N Sway & Shoot Throughs 1 set of 8, 1 set of 4, 4 sets of 2. End with Swish N Sway 1 set of 8

Mermaid 3 sets of 8 on right side; 1 set of 8 Swish N Sway, repeat Mermaid on left side.

All of the above can be made progressively harder by adding a flotation belt or noodle under hips (like sitting on a swing) for more buoyancy to push against.

The following exercises are done standing up holding onto the wall or with the noodle.

Reverse crunch, slightly bend knees, toes touching the floor, pull the knees to chest with abs as you exhale bringing toes up on the wall, release and return toes to floor. 1 set of 8

Reverse crunch with legs shoulder width apart, knees slightly bent, feet on floor, pull the knees up to sides with abs and obliques as you exhale bringing the toes up to the wall, shoulder width apart, release and return feet to floor. 1 set of 8.

Alternate reverse crunch legs together, legs shoulder width apart. 1 set of 8.

The following exercises can be done with no floatation or wall.

Tuck jack clapping hands under legs. 2 sets of 8

Tuck jack extensions. 1 set of 8

Tuck jack with dolphin kick. 1 set of 8.

Tuck'jack with karate kick. 1 set of 8.

Tuck skis with hold, tuck ski right leg in front 8x's, left leg in front 8x's. Tuck diagonal jacks. 1 set of 8.

Moguls (option level 2 if uncomfortable with suspended position). 1 set 8.

Cool-down & Stretch:

Squat then as you inhale reach arms up and stretch towards ceiling coming up on tip toes. Repeat and hold.

Rope climb stretch, alternate arm movement as though pulling body up rope.

Wide squat stance, sway side to side dragging arms through water, reach to right and hold, sway, reach to left and hold.

Wide squat stance, bring arms to front and then open, as come to front again give yourself a hug and pelvic tilt as you tuck chin, open arms and inhale deeply as push arms back.

Shoulder rolls

Shoulder shrug, tilt right ear towards right shoulder as you press shoulder blades down, center head, repeat on left side.

Deep At Any Depth Routine

- Warm-up: L position; noodle under arms
Bicycle legs together; bicycle legs apart
Side position; noodle under arms
Bicycle forward rotation / backward rotation laying on side
L position to Back Float position; noodle under arms Tuck Jack to Dolphin Kick to Tuck
- Jack
Tuck Jack to Karate Kick to Tuck Jack
L position to Surface Side position; noodle under arms Side to Side Karate Kick
- Aerobics: L position; noodle between legs
Bicycle hands on shoulders travel forward, turn
Bicycle arms up travel forward
Double swinging gates w/ lateral bicep/tricep curls travel forward directional force on out, travel backward directional force on in.
Russian kicks travel forward; Double Russian kicks travel back w/ tricep extension arms; one set in place w/ arms as opposing force. Jack legs w/ Spread Eagle arms travel forward press out, travel back press in
- Diagonal Front position; noodle between legs
Leg Circles w/ arm circles
Tuck Jacks w/ breaststroke arms travel forward
Flutter Kick legs travel back w/ inverted breaststroke arms Hopscotch w/ Alternating Press
- Down arms
Frogs w/ Double Press Down arms
- L position/ noodle between legs
Flutter Kick gradually increase size w/ Straight Arm Pull Downs Mini Scissors w/ Sculling arms by hips gradually increase size add scissor arms to front
Mini Heal Scissors gradually increase size
Mini Scissors Open w/ same arms (cross, cross, open wide) Flutter Kicks w/ Front Crawl arms for opposing forces
Kneeling position to Side Diagonal position; noodle under arms Tuck Skis transition to side diagonal position
X-Country Skis
Diagonal Jacks
Side Stroke Kick travel right
Tuck Skis transition to other side and repeat Skis, Jacks, Side Stroke
- Diagonal Front to Diagonal Back position; noodle under arms Wall Climbs
Tuck w/ Shoot Through
Tuck w/ Breaststroke Kick
Tuck Diamond kick
- Ease down: L position; noodle under arms

Bicycle forward, noodle held by hips
Flutter Kick backward, noodle held by hips
Scissor legs w/ noodle taps (tap ends of noodle together behind you as scissor legs)
Russian Kick travel forward w/ noodle loop arms (make loop & hold)

Core Strength Training: Back Float position; noodle around ribcage V-sit

V-sit w/ V-legs

V-sit hold w/ right noodle to left ankle repeat other noodle & ankle V-sit w/ 4 legs

Swish N Sways

Stretch: Kneeling position; noodle under arms

Swish N Sways focusing on extension (abs & oblique stretch) Hug knees (back stretch)

Hurtle stretch; repeat other leg (quad & hip flexor stretch) Go to wall, hands on gutter; no

noodle

Walk feet up wall, slowly straighten legs (hamstring stretch) Walk legs apart, lunge to side, center, side (inner thigh stretch) Walk feet together and down to floor, stand arm length from wall, bend elbows as lean forward, keep gluts tucked in (calf stretch) Shoulder rolls, shoulder shrugs w/ neck stretches

Deep Water Circle Choreography

After the warm-up start an add-on

1. Wide knee run circle right
Wide knee run circle left repeat from 1
2. Cross-country forward in CC backward out. Repeat from 1
3. Run in and Pikes out twice. Repeat from 1
Repeat from 1 again.

Start second add-on (This is the tight circle touching hand to hand using legs only). Run in till close enough to touch hand to hand.

- 1a Standing flutter touching hands. Repeat from 1a.
- 2a. Wide knee run circle right
Wide knee run circle left repeat from 1a
- 3a. Jog clap overhead clap out back to touching neighbor's hand. Do this several times. Repeat from 1a.
- 4a. Flutter turn 180 right so everyone is facing out and hit the hand-to-hand touch.
. Flutter turn 180 left so everyone is facing in and hit the hand-to-hand touch. Repeat from 1 a.
- 5a. Straight leg kick to center. Repeat from 1a.
Repeat again from 1a.
Pikes out widening circle.
Repeat from 1-3 and 1a-5a.
Repeat from 1-3 and 1a-5a again.

Start 3rd add-on

- 1b. Hurdle and tuck right lead. Turn 180 to face outside. Hurdle and tuck left lead turn 180 to face in. Repeat.
- 2b. 1/4 turn right. Both legs pull together moving forward. Turn 180. Both legs dolphin backward. Turn 180.
(Repeat from 1b after facing center.)
- 3b. Do not reface center after 180 Jacks to left which should move them in toward the center of the circle.
Jacks to right which should move them back out. Repeat 3b. Face center and repeat from 1b.
- 4b. Face center alternating heels back moving in. Alternating instep touch moving out. Repeat from 1b.

Repeat from 1-3, 1a-5a, and 1b-5b.
Repeat from 1-3, 1a-5a, and 1b-5b.
Repeat from 1a-5a, and 1b-5b.
Repeat from 1b-5b.
Repeat from 1a-5a

Sport Specific Circuit

Warm-up & active stretch 3-5 min.

Jog until water feels warm

Straight leg kicks travel forward enlarge to toe touches travel backward

Pendulum travel right, side to side jacks, pendulum travel left

Lunge travel forward, travel backward

First segment: Kick boxing

Shuffle step travel right, punch front, punch across, punch upper cut, shuffle travel left

Side kick travel right, kick front/side right leg, side kick travel left, kick front/side left

High side kick travel right, kick front/back right leg, high side kick travel left, kick front back left leg,

bounce center

Flying karate kick right, bounce center, flying karate kick left

Second segment: Swimming

Wall: Do each direction for 30 sec. Face down, face right (scissor kick), face up, face left (scissor kick), face down, face left, face up, face right, face down.

Kickboard: Traditional laps for 4 min. if everybody has a board and have room or

**Fun option-share a kickboard facing each other and see who pushes who to the wall first.

Third segment: Cycling

Noodle bikes: peddle one lap using arms, peddle one lap hands on shoulders, peddle one lap arms out of water, repeat for 4 min.

**Fun option-bike made for two, front person uses arms, back person peddles, switch at end of lap.

- not enough noodles, one person jogs backwards holding onto back of noodle, while that person peddles forward

Fourth segment: Ski variations

X-Country ski travel forward, tuck skis 8 reps, X-country ski travel backward, tuck ski tuck, moguls travel forward, tuck, land center, split jump right leg forward 8 reps, tuck moguls travel backward, tuck, land center, split jump left leg forward 8 reps., Heal X-Country ski travel forward, speed skate (back kick to corners) 8 reps., heal ski travel backward, speed skate 8 reps.

X-country ski travel right, rebound split ski right leg forward 8 reps, ski travel left, rebound split ski left leg forward 8 reps. bounce center

Fifth segment: Jump Rope variations

Skip rope, both feet, left foot only, right foot only, alternate feet, side to side both feet Jump rope, heals up in back, right leg only, left leg only

Tuck jump, knees tuck to chest, right leg only, left leg only, alternate, both w/ 1/4 turns Jump over the log front to back, side to side

Sixth segment: Jumping Jack variations:

Jacks travel forward, tuck jack level 2 for 8 reps., tuck jack level 3 for 8 reps. travel backwards,

jacks travel right, rebound jacks outside only, jacks travel left, rebound jacks inside only, heal jacks travel forward, in place double-time, heal jacks travel back frogs travel right, lucky charms travel

forward, frog travel left, lucky charm travel back

Seventh segment: Jog / Sprint

Jog forward one lap, sprint forward one lap, jog backward one lap, sprint backwards Jog travel right, jog travel left, sprint forward, sprint backward

Fun option: Circle work, jog right in a circle, jog left in a circle, jog backwards right in a circle, jog forwards left in a circle, turn, jog backwards left in a circle Count off 1's & 2's, ones jog in circle to right, twos jog in a circle to left, reverse direction, then weave in and out, grab a partner and swing, reverse direction, then swing.

Ease-down and final stretch 5-8 minutes:

Wide jog travel right, travel left, 1/2 pendulum travel right, travel left, pendulum travel right, One leg jack to right only, pendulum travel left, one leg jack to left only, bounce center, Straight leg kick to the front, slow to half tempo, Pendulum, slow to half tempo, Hamstring curls, slow to half tempo Lunge right foot in front and open arms for chest stretch, step together and hug yourself Lunge left foot in front and repeat arms, step together

Roll shoulders forward, then backward

Shoulder shrugs, drop shoulders and press down, tilt head to right side for neck stretch, repeat on left side, then tuck chin, continue to press shoulders down into back pockets. Hold static stretches for 12-15 seconds.

**Each sports segment should take approximately 4 minutes. You may add a 15 minute core workout for 60 minute classes.

Sport Specific Circuit with Equipment

Warm-up & active stretch 3-5 min.

Jog until water feels warm

Straight leg kicks travel forward enlarge to toe touches travel backward Pendulum travel right, side to side jacks, pendulum travel left Lunge travel forward, travel backward

1st segment: Kick boxing (Upper & Lower Body)

Shuffle step travel right, punch front, punch across, punch upper cut, shuffle travel left Side kick travel right, kick front/side right leg, side kick travel left, kick front/side left High side kick travel right, kick frontback right leg, high side kick travel left, kick front back left leg, bounce center

Flying karate kick right, bounce center, flying karate kick left

2nd segment: Swimming

Wall: Do each direction for 30 sec. Face down, face right (scissor kick), face up, face left (scissor kick), face down, face left, face up, face right, face down.

Kickboard: Traditional laps for 4 min. if everybody has a board and have room or

**Fun option-share a kickboard facing each other and see who pushes who to the wall first.

2a upper body strength: Incline push downs 2-3 sets of 8

Cue: Beginner: keep toes on floor, body in a straight, diagonal line, push equipment down and out in a diagonal line halfway between surface and floor DON'T let the back sway!

Advanced: float on front, keep body in a straight line, push equipment straight down. Again, DON'T let the back sway!

Equipment: Beginner - use 2 foam noodles Advanced - kick board or long barbell

3rd segment: Cycling

Noodle bikes: peddle one lap using arms, peddle one lap hands on shoulders, peddle one lap arms out of water, repeat for 4 min.

**Fun option-bike made for two, front person uses arms, back person peddles, switch at end of lap. - not enough noodles, one person jogs backwards holding onto back of noodle, while that person peddles forward

3a upper body strength: Incline butterflies 2-3 sets of 8 - use 2 foam noodles or short barbells

Cue: Beginner: keep toes on floor, body in a straight, diagonal line, bring equipment together in an arc in front of chest, take back out to sides and repeat

Advanced: float on front, keep body straight, bring equipment together under chest and back out to sides. DON'T let the back sway!

4th segment: Ski variations

X-Country ski travel forward, tuck skis 8 reps, X-country ski travel backward, tuck ski tuck, moguls travel forward, tuck, land center, split jump right leg forward 8 reps, tuck moguls travel backward, tuck, land center, split jump left leg forward 8 reps., Heal X-Country ski travel forward, speed skate (back kick to corners) 8 reps., heal ski travel backward, speed skate 8 reps.

X-country ski travel right, rebound split ski right leg forward 8 reps, ski travel left, rebound split ski left leg forward 8 reps. bounce center

4a. upper body strength: Tricep extensions w/ short barbells

Jog, palms face down, press the barbells down to thighs, 2 sets of 8, turn palms to face your sides, push barbells up to waist down to hips, 2 sets of 8, turn palms up, pull the barbells down to thighs, 2 sets of 8. Keep wrists firm, grip soft. Do not lock elbow.

5th segment: Jump Rope variations

Skip rope, both feet, left foot only, right foot only, alternate feet, side to side both feet Jump rope, heels up in back, right leg only, left leg only, Tuck jump, knees to chest, right leg only, left leg only, alternate, both, Jump over log front to back, side to side

5a. upper body strength: Ski arms w/ short barbells (Keep elbow soft, swing front to back) Ski w/ palms facing your sides 1 set 8, turn palms down 2 sets 8 travel forward, backward, palms face you 1 set 8, turn palms up 2 sets 8 travel forward, travel backward

6th segment: Jumping Jack variations:

Jacks travel forward, tuck jack level 2 for 8 reps., tuck jack level 3 for 8 reps. travel backwards, jacks travel right, rebound jacks outside only, jacks travel left, rebound jacks inside only, heal jacks travel forward, in place double-time, heal jacks travel back frogs travel right, lucky charms travel forward, frog travel left, lucky charm travel back

6a. upper body strength: Jack arms w/ short barbells or paddles

Jacks, pull equipment together in front 1 set of 8, pull equipment together behind back 1 set of 8, then alternate front, side, back, side 1 set of 8.

**Keep equipment close to body. Do NOT let it bounce out of water.

7th segment: Jog / Sprint

Jog forward one lap, sprint forward one lap, jog backward one lap, sprint backwards

Fun option: Circle work, jog right in a circle, jog left in a circle, jog backwards right in a circle, jog forwards left in a circle, turn, jog backwards left in a circle

Count off 1's & 2's, ones jog in circle to right, twos jog in a circle to left,

reverse direction, then weave in and out, grab a partner and swing, reverse direction, then swing, join hands and jog same direction in circle.

**See ease-down and final stretch from Sport Specific Circuit

NOODLE CHOREOGRAPHY FOR TONING

How using 2 noodles can you build a pattern and repeat with 6 variations with two noodles

Example

Wide knee jog

Wide knee jog + Jumping Jacks

Wide knee jog + Jumping Jacks + Cross Country

Wide knee jog + Jumping Jacks + Cross Country + Front Kicks

Wide knee jog + Jumping Jacks + Cross Country + Front Kicks + Tucks

Repeat 1 noodle left hand

Repeat 1 noodle right hand

Repeat 1 noodle left foot

Repeat 1 noodle right foot

Repeat 2 noodles hands

Repeat 2 noodles feet

NOODLE GAMES AND RELAYS

Examples:

Chariot Races. – Horse and rider (arms only, legs only, both) Hold balls or noodles up as partners run (forward backward sideways. Tandems, trains

Tug of Wars with noodles or guard tubes. Arms only legs only both

Push of Wars back to back either on a noodle or not. Arms only legs only both. Feet to feet arms push alt or together

Games:

Water JaiLai with noodles and small balls

Basket ball on noodles

Football on noodles

All noodles – 52 pick up, race one at a time to spot to see who gets most. Add in stealing, add in having to keep noodles with you under arms and legs

Power Plus Running workout by Lennie Stewart

Warm up

Jog back and forth breast stroke arms same depth 2-3 min
Side wide knees reach and pull same depth 2-3 min
High Knees changing depth with turns breast stroke arms 2-3 min
Joggin backwards changing depth alternating arm push 2-3 min

Building intensity

Sideways leaps – BIG 2-3 min

Kick Interval

Face Down flutter pointed toes 30 sec
Face Down flutter flexed feet 30 sec
Face Down flutter from knees 30 sec
Side Scissor right 30 sec
Face up flutter pointed toes 30 sec
Side Scissor left 30 sec

Jog changing depth breast stroke arm 2-3 min

Fast feet sideways same level 1-2 min

Sideways leaps – BIG 2-3 min

Jog changing depth alternating arm 2-3 min

Kick Interval

Face Down flutter pointed toes 30 sec
Face Down flutter flexed feet 30 sec
Face Down flutter from knees 30 sec
Side Scissor right 30 sec
Face up flutter pointed toes 30 sec
Side Scissor left 30 sec

Jog changing depth breast stroke arm 2-3 min

Side ways wide jog arms up 1-2 min

Sideways leaps arms up – BIG 2-3 min

Kick Interval

Face Down flutter pointed toes 30 sec
Face Down flutter flexed feet 30 sec
Face Down flutter from knees 30 sec
Side Scissor right 30 sec
Face up flutter pointed toes 30 sec
Side Scissor left 30 sec

High Knee jog same level 2-3 min

Sideways leaps – BIG 2-3 min

Fast Feet tiny steps sideway same level arms folded 2-3 min

Criss Cross sideways arms folded 2-3 min

Backwards jog changing level no arms 2-3 min

Cool Down

Circle jog jump turn reverse directions 4x20 sec

Side ways holding hands reverse directions 4x20 sec

Cross Country Ski Pendulums Big straight leg kicks 30 sec each

Abs on noodle
V sit feet stacked toes stay dry
Side lying Scissor legs stay near surface
V sit feet together toes stay dry
Bicycle feet stay dry

Spider Crawl on Wall
Wall lunges and stretch
Hamstring tuck and extend and stretch
Deep 6 Channel 4
Quad Stretch
Arms overhead and side to side
Chest and Back Stretches
Hugs

Other possibilities

Heel backs jogs
Wall Runs at wall
Heels back fast at wall
1 leap to side and back
Tip toes only run
Heels only toes up run
Two lines Criss crossing to create currents.

Layered Routine by C. D. Holcomb

Layer in First Intensity Change repeat 2 or more x

Jumping Jacks, Jack Jumps
Cross Country, Cross Country with Tuck
Cowboy Kick, Double Karate
Mogul, Fast Moguls
Tucks, One Leg out Other Tuck Alternating

Layer in Second Intensity Change repeat 2 or more x

Jumping Jacks, Jack Jumps, Power Jacks
Cross Country, Cross Country with Tuck, Suspended CC
Cowboy Kick, Double Karate, Straddle Jump
Mogul, Fast Moguls, Suspended Tuck and Shoot Side to Side
Tucks, One Leg out Other Tuck Alternating, Booth Heels back

Strip out Low Level repeat 3 x

Jack Jumps, Power Jacks
Cross Country with Tuck, Suspended CC
Double Karate, Straddle Jump
Fast Moguls, Suspended Tuck and Shoot Side to Side
One Leg out Other Tuck Alternating, Booth Heels back

Replace First Intensity with Low

Jumping Jacks, Power Jacks
Cross Country, Suspended CC
Cowboy Kick, Straddle Jump
Mogul, Suspended Tuck and Shoot Side to Side
Tucks, Booth Heels back

Mirror out first section

Jumping Jacks Jumping Jacks Jumping Jacks Jumping Jacks Jumping Jacks
Cross Country Cross Country Cross Country Cross Country
Cowboy Kick Cowboy Kick Cowboy Kick
Mogul Mogul
Tucks

Pre/Post Natal - C. H. Krafft

Warmup— 16-24 reps of each

Rhythmic Limbering-Jog forward and backward, Wide knee jog side to side. Circle in the sand walk forward and backward, Rocking horse with big arms forward and backward. Instep touch forward, hamstring curls backward. Arm sweeps across the front, Push and pull front to back

Full Body Moves – Squats, Lunges, Straight Leg Kicks, Do breathing with these moves with a strong inhale and exhale through exertion.

Active stretches – Calf (Active runners stretch or prance), Quad (Heel lifts), Hamstring (Leg ext/curl), Deep 6 rotators (Fish Tail walk), IT band (pendulum). Cat/Cow for lower back, Hip circles for lower back.

Rehearsal moves – pelvic tilt on wall side bends, reverse curl on wall, leg circles on wall, level 2 frogs, leg swings on wall front to back and across the front out to the side.

Workout—

Part 1 Moderate Cardio-

16 to 32 reps of each

Add-on of links

Link 1 -Circles in the Sand forward and back, wide knee run side to side, repeat 2-3 times,

Link 2—Butt kickers forward and instep touch back, grapevines side to side (crossing front to back at least 8 to a side), repeat 2-3 times

Put link 1 and 2 together.—Circles in the Sand forward and back, wide knee run side to side, Butt kickers forward and instep touch back, grapevines side to side

Link 3—Wide front kicks forward and skates backward, side to side traveling pendulums. Repeat 2-3 times

Put all 3 links together—Circles in the Sand forward and back, wide knee run side to side, Butt kickers forward and instep touch back, grapevines side to side, Wide front kicks forward and skates backward, side to side traveling pendulums.

Bell curve peak as a layer

8-16 reps of each

Emphasize extension not rebound or impact.

Level 2 frogs, Cross country, jumping jacks, cowboy kicks, in in out out jog. Repeat 3 times.

Level 2 frogs, Level 2 lucky charms, Cross Country, Cross country with tuck, Jumping jacks, Jack and tuck, cowboy kicks, double Russian level 2, in in out out jog, in in out out jog with arm rolls. Repeat 2 times

Level 2 lucky charms, Cross country with tuck, Jack and tuck, double Russian level 2, in in out out jog with arm rolls. Repeat 1 times

Level 2 frogs, Level 2 lucky charms, Cross Country, Cross country with tuck, Jumping jacks, Jack and tuck, cowboy kicks, double Russian level 2, in in out out jog, in in out out jog with arm rolls. Repeat 2 times

Level 2 frogs, Cross country, jumping jacks, cowboy kicks, in in out out jog. Repeat 3 times.

3rd part of cardio upper body with Buoys

16 reps each repeat the set 4 times

Rocking horse with chest fly arms forward, Rocking horse with back fly arms backward.

Pendulum arms behind the back palms forward side to side.

In place palms facing shoot forward and open out to the sides with the back of the hands. Underhand throws forward, jog press down.

Kegels on Noodle One set of 8-16 each .

SLOW KEGELS: Tighten the P . C. muscle as you did to stop the urine. Hold it for a slow count of three.

Relax it.

QUICK KEGELS: Tighten & relax the P.C. muscle as rapidly as you can.

FULL. IN-SLOW OUT: Pull up the entire pelvic floor as though you are trying to pull the muscle up and in. Then release the muscle slowly.

ELEVATOR KEGELS: Pretend you're in an old , slow elevator! Think relaxed in the perineal area:

Gradually the elevator will go up (tightening the muscles.)

The elevator is in the basement; relaxed perineum

Gradually tighten upwards a little to the 1st floor

Tighten a little more to the mezzanine

Tighten more to the 2nd floor

Tighten up as tightly (as much as you can) to the 3rd floor; HOLD to count

Gradually relax downwards each floor slowly to a relaxed "basement"!!!

Cool Down hip opener walking 8 of each

Emphasize slow and deep breaths

Walk forward swing leg front, back, front then step forward.

Walk backward swing leg back, front, back then step back.

Circles in the sand forward with ankle circles, circles in the sand backward with ankle circles.

Step sideways out, across front out. Then step and pull other leg in.

Side ways knee up, open out to side, extend leg then step and pull other leg in.

Static Stretching—Pelvic tilts, calf, quad, hamstrings, deep 6 rotators, cat/cow, IT band, chest, back, front and back shoulder, neck, feet (prance slow)

Shallow Water Workout

Warmup—

All of these can be performed single or half time, alternating or one side at a time, and with or without a hop.

16 of each

- Jog with breaststroke arms forward and backward. Then alternating press back of the heel for the calf and,
- Grapevine sideways and back. Then alternating heel lift behind for the quad and knee,
- Wide jog forward, Then a knee extension and curl in front for the hamstring and knee,
- Jacks sideways, Then an instep touch for the hip and deep 6 rotators and
- Cross country ski forward, then a one-leg jack for the hip and iliotibial band.
- Front leg kicks with straight arms (goose step or soldier march) / opening up the glutes and anterior and posterior deltoids, leg swing front to back or wide kicks to the corners
- Plies (squats)/ opening up the lateral movement of the hip and shoulders or side karate kicks if the water is too deep for effective squats, and
- Lunges with fly arms / opening up hip flexors, chest and back or skates if the water is too deep for effective lunges.

Workout—Building intervals

Pyramids 16 of each, 8 of each 4 of each 2 times, 8 of each, 16 of each. Travel on the 8 and 16 rep parts, turn on the 4 rep parts.

Pyramid 1 - high knee jog, wide knee jog, butt kickers, instep touch

Pyramid 2—Front kicks, wide side kicks, skates, back kicks

Pyramid 3—Ski, jacks, tucks, frogs

Pyramid 4—Split Jumps, Straddle Jumps, Double Russian, Double Butt Kickers

Pyramid 5—Tuck ski, power jack, lucky charms, scissor jumps.

Pyramid 6—One legged tuck jump right, one legged tuck jump left. Hold one leg up one legged butt kickers right, one legged butt kickers left

Pyramid 7—Suspended ski, suspended jacks, suspended Russian, suspended bicycle.

Pyramid 8—Karate kick front, round house kick front, karate side kick, karate hook kick.

Pyramid 9—Leg swing right, Leg swing left, one leg jack right, one leg jack left

Pyramid 10—Flit kick front, mule kick back, cowboy kick side, cross jack

Abs on a noodle—

Toes at surface 24 of each

V position-in and out crunch, Stack right foot on left, then left foot on right

V position-right ankle on left thigh, then left ankle on right thigh

V position-right leg draws a box, left leg draws a box, right leg draws circles, left leg draws circles.

Side lying on noodle top leg lifts, top leg draws box, top leg draws circles, top leg swings front to back, both legs lift. Switch to other leg.

Hanging vertical on noodle—Tuck and shoot side to side, tuck and shoot front to back, wide V legs front to back, legs together from vertical to straight out in front, legs feet together knees wide curl up then down.

Cool Down-

Static Stretches

Lower Body -Calves, Hamstrings, Quads, Hip flexors, IT band, Rotators,

Back—Low Back cat cow, upper back round, twists

Upper body—Chest wide arm open, hands on lower back open, neck side to side and tuck chin and lift, shoulders reach back, arms across front, reach up, shoulder rolls.

Water Dance - C. H. Krafft

Warmup-

Car Wash—Christina Aguilera and Missy Elliot Version 4:12

Intro— Jog 4x8

2A—2x(4 hitch kick, 4 right kick 4 left kick)

B— (1 leg jacks 8 right and 8 left)

8C-4x(Jog 3 hold)

B,8C

4D— 4x(4 jack 1/4 turn right)

4E— 4c(4 Cross Country 1/4 left)

16F —16x(2 instep touch 2 heel behind touch)

4D, 4E, 6C hop

Call Me Maybe—Carly Rae Jepsen 3:14

Intro - Jog 1x8

A—(Grape vine travel 8 right hop, 8 left hop)

2B—2x(3 jog forward hold 3 jog back hold)

4C—4x(4 skip forward 8 moguls back)

Repeat from intro

D—16 instep front 16 heels behind

2xintro, 3C,D

Workout -

YMCA—Village People—3:29

Intro—High Knee Jog 3x8

1.5 A—1.5 x(4 jog forward 2 jacks 4 jog back 2 jacks)

B—4 skate back

1.5 A, B

C—Hop turn in 4 counts

2D—2x(Jog arms make Y M C A pause)

E—(4 leg swing helicopter right side then left)

2D,E left, 1.5A,B,1.5 A,B,C,2D,E,2D,E,1.5A,B,1.5 A,B,C,2D,E,2D,E

The Way You Make Me Feel—Michael Jackson 4:23

24 A—24 kick across

4B—4x(4 fast rocking horse switch)

8C—8x(Pendulum fast rock rock hold)

D—(4 instep front heel back right, 4 instep front heel back left)

4B,8C,D

8 hip circle right 8 left

8C,D

2E—8 criss cross vine right, 8 left

16 A, D, E til end

Conga—Techno version —4:14

8A—8x(single single double stomp with pushing arms)

32B—(1 leg jack out hard to side switching sides each time) 8 forward, 8 right turn, 8 left, 8 backward

4C—4x(jump out hold fast in out)

8D—8xRocking horse (right side)

8E—Skip in a turn
 16F—16 Turning Jumping jacks Right to left
 16B,4C,8D left,8E right, 8E left,
 16 Cross Country with tuck
 8E right, 8E left, jog 4, 16 F, 32 B 8 forward, 8 right turn, 8 left, 8 backward, 2B punch up
 50 Ways to Say Goodbye—Train 4:08
 16A—16x(Kick front with opposite arm throw forward)
 8B—8x(right side front, side, back kicks hop switch left)
 2C—2x (jump front jump back)
 2D—2x(4 split jumps 4 cross country tuck 8 fast feet roll)
 16A,8B,2C,2D,16A
 8E—8x(Figure 8 leg pull over), 4C,4D,
 F—3 hits right arm 3 hits left
 Single Ladies—Beyonce 3:13
 16A—16(Flit kick with throw)
 Jump up
 16B—16(jog 3 hold arms pull across)
 4 C—4(4 split jump 1/4 turn)
 8 D—8 (prance prance hold with hips and arms pushing and turning in circle)
 4C,16B,4C,8D,4C,8D
 8E— 8x(pendulum rock single single double)
 2F—2x(8slow hip circle turn right , then 8left)
 16F, 8D,4C right, 4C left, 1D
 Problem—Ariana Grande—3:14
 4A—4(stomp side single single hold)
 2B—2(right side 3 kick front then side 1 cross jack switch sides)
 4 C—4(right side front then back kick)
 B
 D—(4 Straddle jump right 4 straddle jump left)
 4A, 4hip circles, 4A, 4 hip circles, 2A, 2B starting on left,4C on left, B,D,4A, 4hip circles, 4A, 4 hip circles,2A
 8E—8(single single double cross country)
 8F—Cross Country tuck
 8Arms pull water across in front big, D,pause, 4A, 4hip circles, 4A, 4 hip circles, 4A
 King Tut—Steve Martin—2:10
 6A Snake arms
 2 B—2(Tuck Frog arms up)
 2C—(4 lucky charm forward, 4 back ward arms out first round arms together over head with shaking head
 2nd round)
 D—(4 shuffle right snake arms 4 left)
 2C,D
 E—(8 flit kick with 1 arm up opposite hand pull across, 8 hip pop turn right, 8 left)
 8 flit kick with 1 arm up opposite hand pull across
 2B,2C,D goddess pose
 Surfin USA—Beach Boys 2:26
 A—Fast jog 8
 8B—8(flit kick forward swim free style arms)
 8C—8(back skate backstroke arms)

2D—2(4 right side leap side stroke arms switch to left)
5E—5(jump out in 2fast out in 1/4 turn)stay facing front on last one
2F—2 Turn sideways surf arms push out
8B,8C,2D, 5E,2F,
3x8 Dog paddle like crazy, 6F, wipe out
Zoot Suit Riot—Squirrel Nut Zippers 3:51
16 fast heel backs
8A—8(2 kick on right rock horse switch)
2B—2(8 front stomp kick ride 4 cross jacks switch sides)
4C—4(4 stomp travel right, 4 moguls switch sides)
4A,2B,2C,
4D—4(2 front kicks 2 side kicks 4 moguls)
40E Fast scissors front,B,4C,4S,12 E hips
Take on Me—A Ha extended version 4:31 (Done for an Abs workout)
8A—Stomp Kick back
4B—Cross Country Tuck
16A
6C—6(Kick front, side back on right hop switch to left)
D—(6 Leg swing travel right switch left)
E—(4 rocking horse right, 4 left rocking horse, 8 cross country ski, 8 split jumps)
D,E,
24F—24(Big Arms pull across front)
8C,D,E,16 cross country ski, 8 split jumps
32F, till end fast turn of arms and shoulders stabilizing with core. Elbows bent in front of body hands paddle position.
Cool-Down
Buffalo Soldier—Bob Marley 4:19
Big moving active stretches then static at end.

High Intensity Workout –C. Krafft

Warm—Up Choose 1 or 2 from each body part for 16 or more reps.

Simple moves Combination moves

Lateral hip openers Wide Knees Lifts Run in-in out out

Wide Frog Frog and Tuck

Front hip openers Power Back Lunges Leg Swing

Mule Kicks Lunge then lift back

Back hip openers V Kick Front Kick /side kick

Front Kick High knees in front

Active calf Snowboard Heel heel toe toe

Walk backward Running Man

Active quad Soccer kicks Stomp kick any direction

Double Heel Lift Instep and behind touch

Active hamstring Cowboy kicks Stomp kick combos

Pikes Can, Cans

Active hip rotators Instep Touch High knee in in out out

Hook Kicks Instep touch to touch behind

Active IT Band Jumping Jacks Cross front and back Jack

1 leg jacks Front to side lifts

Shoulders Arms lift front/side/back

Chest/Back Push and pull front to back

Straight arm front claps open wide

Low squeeze (We are here to pump you up)

Lower back Cat/Cow

Big push and pull flexing and extending back

Mid back Elbow to opposite knee

Twists no impact

Biceps/Triceps Arm curls along sides, out in front, out to side, parallel to water surface, Thinker poses, body builder up and down poses

Work Down the columns

Base Starting Pattern – Add-On

In Place Travel Suspended Add power Power and Travel

16 Jumping Jacks 16 Jumping Jacks 16 Jumping Jacks 16 Jumping Jacks 16 Jumping Jacks

16 Cross Country 16 Cross Country 16 Cross Country 16 Cross Country

16 Cowboy Kick 16 Cowboy Kick 16 Cowboy Kick

32 Mogul 32 Mogul

32 Tuck

Add on Rev. Pyr using uni-lateral (rt right, lf left, for forward)

Move

Jumping Jacks 32 16 8for 8for 8for 8for 8for 8for

Cross Country 32 16back 8back 8back 8back 8back 8back

1 leg swing 16 ea. 8 ea 8ea 8rt 8lf 4rt 4lf

1 leg fish tail 16 ea 8ea 8lf 8rt 4lf 4rt

Split Jumps 32 16 8 8 8

Build ups/Intervals

Layer in First Intensity Change repeat 2 or more times

16Jumping Jacks, 16Jack Jumps

16Cross Country, 16Cross Country with Tuck

16Cowboy Kick, 16Double Karate

16Mogul, 32Fast Moguls

16Tucks, 16 One Leg out Other Tuck Alternating

Layer in Second Intensity Change repeat 2 or more times

16Jumping Jacks, 16Jack Jumps, 16Power Jacks

16Cross Country, 16Cross Country with Tuck, 16Suspended CC

16Cowboy Kick, 16Double Karate, 16Straddle Jump

16Mogul, 32Fast Moguls, 16Suspended Tuck and Shoot Side to Side

16Tucks, 16One Leg out Other Tuck Alternating, 16Booth Heels back

Strip out Low Level repeat 3 x

16Jack Jumps, 16Power Jacks

16Cross Country with Tuck, 16Suspended CC

16Double Karate, 16Straddle Jump

32Fast Moguls, 16Suspended Tuck and Shoot Side to Side

16One Leg out Other Tuck Alternating, 16Booth Heels back

Replace First Intensity with Low

16Jumping Jacks, 16Power Jacks

16Cross Country, 16Suspended CC

16Cowboy Kick, 16Straddle Jump

16Mogul, 16Suspended Tuck and Shoot Side to Side

16Tucks, 16Booth Heels back

Mirror out first section

Power and Travel Power Suspended Travel In-Place

16Jumping Jacks 16Jumping Jacks 16Jumping Jacks 16Jumping Jacks 16Jumping Jacks

16Cross Country 16Cross Country 16Cross Country 16Cross Country

16Cowboy Kick 16Cowboy Kick 16Cowboy Kick

16Mogul 16Mogul

16Tucks

Unilateral Cooling Down

1. Charleston Right Leg – Charleston Left Leg

Repeat 1

2. Leg Swing Right Leg to the Right- Leg Swing Left Leg to the Left

Repeat 1 + 2

3. 8Front Kicks, 8 Back Kicks, 4 Front Kicks, 4 Back Kicks, 2 Front/ Two Back (Hitch Kick)x8

Repeat 1+2+3(right to Hitch Kicks Only)

4. Shuffle Right to the right 8, Shuffle Left to the left 8, Shuffle Right to the right 4, Shuffle Left to the left 4, (Shuffle Right 2 Turn Shuffle Left 2) x8

Repeat 1+2+3 right to Hitch Kicks Only)+4(right to 2 shuffles with turns)

5. Can-Can 8 each leg, 4 each leg, (2 each leg.)x8

Repeat 1+2+3 right to Hitch Kicks Only)+4(right to 2 shuffles with turns)+5 2 each leg only.

6 Moguls hands in water for 8, hands up for 8, hands in 4, hands up 4, (hands in 2, hands up 2)x8

Repeat 1+2+3 right to Hitch Kicks Only)x8+4(right to 2 shuffles with turns)x8+5 (2 each leg only)x8+6(hands in 2, hands up 2)x8

Cool Down-

Jog back and forth breast 1min

Sideways wide knees 1 min

High Knees breast stroke arms 1 min

Jogging backwards high heels behind 1min

Static Stretch

Calves, Hamstrings, Quads, Hip flexors, IT band, Rotators, Low Back, Chest, Back

Sport Toning - C. H. Krafft

Warmup-

Jogging forward with backstroke arms, jogging backward with freestyle swim arms. 15 sec each way Repeat 2 times.

Leap sideways with side stroke arms. 15 sec each way Repeat 2 times.

Front kicks with reach to toe. Backward skate opening back with both arms 15 sec each way Repeat 2 times.

Jacks sideways with ski arms. 15 sec each way Repeat 2 times.

Cross country ski with jack arms forward and back. 15 sec each way Repeat 2 times.

Pendulum sideways with swinging arms. 15 sec each way Repeat 2 times.

Instep touch forward, heels behind backward with both arms reaching behind. 15 sec each way Repeat 2 times.

Rocking horse as a knee stomp forward and heel curl stomp back in place big close and open of straight arm swing along sides. 15 sec each side Repeat 2 times.

Ski Routine

Cross-country,

Sequence 1-Regular, with a tuck, fast, Level II -15 sec of each 3 times

Sequence 2—Wide Skate, CC wide as though skating up hill; fast trudge uphill, trudge with big pulling arms -15 sec of each 3 times

Sequence 3 -Telemarking (Rebounding CC with tuck adding turn), 3 pulse tuck and switch lead leg, Suspended CC tuck and turn, Suspended CC to side tuck and go to other side—15 sec of each 3 times

Downhill skiing

Sequence 1—Moguls, side to side with tucks. Level II for powder, 1 legged moguls right leg, 1 legged moguls left leg -15 sec of each 3 times

Sequence 2—_Mogule Ski then jump as if over a bump, Mogul mogul jump Single twists, mogul mogul jump straddles, mogul mogul jump frong back split—15 sec of each 3 times

If you have a water step or two – _intense leg work moguls all over back, one leg moguls. Mogul to jump to top with straddle jump or freestyle jump

Track and Field

Running

Sequence 1—High Knee Jog, High heel jog, in-in-out-out jog, sideways up and over—15 sec of each 3 times

Sequence 2—Sprint 40sec walk 10 sec forward, then sideways, then backward—repeat 3 times

Jumps

Sequence 1—Broad jumps, run 12 sec big broad jump, triple jump rt foot leap, left foot leap, both land, sideways jump up and over—15 sec of each repeat 3 times

If you have a water step or two – _use for jump off and forward

Football

Sequence 1—Fast feet turn right, center, turn left center, Right arm out front running zig zag forward, Left arm out front running zig zag forward, both hands on wall run pushing the wall—15 sec each repeat 3 times.

Sequence 2—Run 12 seconds on side kick right, Run 12 seconds on side kick left. Run 12 sec field goal kick right, run 12 sec field goal kick left.—repeat 3 times

Water Polo—Deep Water

Sequence 1—Head up freestyle swim, head up back ward swim, tread water both hands up, tread water turning right then left—15 seconds each repeat 3 times

Sequence 2—Tread water move sideways right arms up, tread water move sideways left arms up, propulsion jacks, propulsion skis—15 seconds each repeat 3 times.

Swimming with kickboard

Sequence 1—Freestyle kick, freestyle kick right only, freestyle kick left only, dolphin kick—15 seconds of each repeat 3 times.

Sequence 2—Hold kick board in left, right arm and right leg freestyle, Hold kickboard in right, left arm and left leg freestyle, roll over backstroke flutter kick, backstroke frog kick—15 seconds of each repeat 3 times

Gymnast Rings—Buoys in hands

Sequence 1— Arms out to side legs from straight under to straight out at 90 degrees 16 times, Tuck shoot forward, tuck shoot back 16 times, Arms out to sides legs in wide V from under to out at 90 16 times, Tuck shoot forward and back with legs in a wide V. Repeat 2 times

Sequence 2 Arms out to side tuck and shoot side to side 16 times, log rolls right 16, log rolls left 16, Vsit straight legs pulse up 50 times. Repeat 2 times.

Abs/Cooldown—Buoys in hands standing.

Lean out so hips go in front of toes and pull in 16 times, sweeps across 16 times, side punch downs 16 times. Repeat 2 times.

Cool Down stretches-No equipment.

Calf Toes low on wall, heels pointing down Quad One Heel curled up behind with option to hold with hand

Hamstring One leg in front straight on wall. Hold on with hands to wall IT Band Straight legs crossed in front

on wall. Hold on with hands Deep 6 Channel 4 (1 ankle on thigh of other leg) sit Back/Post Delt Cross arms

in front hold onto wall and pull back Chest/Ant. delt Wide arms and open out with palms up Forearms

Straight arms flex wrist back and down Neck Ear to shoulder each side

Other Options

Basketball

(with small balls)-

Sequence 1—Dribbling with travel right hand, dribbling with travel left hand, passing fakes, jump-shots—15 seconds each repeat 3 times

Sequence 2—run 3 and lay-ups host with right, run 3 lay-ups shot with left, slam dunk shot with both heels up behind, pass under knees fast in figure 8 lifting up knee—15 seconds each repeat 3 times

Soccer-

Sequence- Front pass, side pass, dribble, fakes back pull—15 seconds each repeat 3 times

—Seniors River/Channel Workout –C. Krafft

Warm Up—Current is Assisting the Movement

Rhythmic Limbering– March forward , Zig –zag wall to wall, side step right, side step left, walk backward, flit kick forward,pendulum to right, pendulum to left, circle in the sand backward.

Full Body Moves – Big knees up and over sides ways 16 each direction 2 times, Big Rocking horse forward 16 each side 2 times, Straight Leg Kicks 16 front 16 side and 16 back 2 times around, Do breathing with these moves with a strong inhale and exhale through exertion.

Active stretches – Calf (Heel toe walk forward), Quad (Heel lifts), Hamstring (Leg ext/curl with walk), Deep 6 rota-tors (Fish Tail walk), IT band (pendulum). Do 16 of each 2 times

Rehearsal moves – crab walk, tip toe walk, step together, instep touch, wide kick, skate, side leaps. 16 of each

Routine-Current in Against the Movement

Links (1st round emphasize leg movement, 2nd repeat add arms, 3rd repeat emphasize range of movement)

Giant steps forward 16, Side steps right 12, Side steps left 12, Skate backward 16—Repeat 3 times

Run forward 16, Up and over sideways right 12, Up and over left 12, heels up behind backward 16—repeat 3 times

Circle in the sand forward 16, Sideways grapevine right 16, Sideways grapevine left 16, Circle in the sand backward 16—repeat 3 times.

Stomp kick forward 16, Kick out sideways with right step into it 16, Kick out sideways with left step into it 16, Mule kick backward 16– repeat 3 times

Front kick forward 16, Sideways step out with right drag left in 16, Sideways step out with left drag right in 16, Back-ward back kick 16—repeat 3 times

In-In Out Out jog forward 16, sideways right front kick front kick back kick back kick16, sideways left front kick front kick back kick back kick 16, Backward In-In Out Out jog 16—repeat 3 times.

Right leg gallop forward 16, left leg gallop forward 16, Right sideways leap 16, Left sideways leap 16.

Backward al-ternating leap 16—repeat 3 times

Rocking horse right leg forward16, Rocking horse left leg forward16, Pendulum right side 16, Pendulum left side 16, Backward rocking horse right side 16, Backward rocking horse left side 16—repeat 3 times

Tip toe forward 32, Crab shuffle right sideways 32, Crab shuffle left sideway 21, Heel walk backward 32—repeat 3 times.

Balance and Coordination

Walking forward circle the ankle step forward 32.

Sideways 3 fishtail swing step out right 16, Sideway 3 fishtail swing step out left 16

Backward leg lift behind point flex point step onto foot 32.

Forward Jog 3 hold march 3 hold 16 times.

Sideways leg lift up to right 3 stomp kicks step out repeat 16 times

Sideways leg lift up to left 3 stomp kicks step out repeat 16 times

Backward heel up behind jog 3 hold repeat 16.

Mini Circuit—Not in River each should be 1 to 1.5 minutes.

1- Upper Joint (8finger touch, 8wrist roll, 8shoulder reach) repeat 4 times

2 - Cardio – _Backwards walk in a circle 8 left and 8 right

3 - Balance – _One legged squat on a step 16 each side 2 times

4 - Lower Joint -(8toe taps, 8heels back, 8pendulum) repeat 4 times

5 - Cardio – _(8In In Out Out, 8front front back back) repeat 3 times

6 - Breathing – _Blow the balls across the pool and back for 1 min.

Abs Standing—Buoys optional

Stand in place stabilizing with arms. Big push front and back 16 times,

Stand right leg forward and left back, pull across with both arms to left 16 times then to right 16 times.

Switch the legs and repeat.

Sit low in the water and pull both legs up and down using the abs not jumping 16 times.

Cool Down

Full Body Moves – Big knees up and over sides ways 16 each direction 2 times, Big Rocking horse 16 each side 2 times, Do breathing with these moves with a strong inhale and exhale through exertion.

Static stretches hold for 10-15 sec each –

Lower Body -Calf, Quad, Hamstring, Deep 6 rotators (Channel 4), IT band (Bow watch crossing midline if have hip replacement), Hip flexors (one foot behind like calf stretch, but lean back), feet (step back like calf but lift back heel and keep ball of foot on floor)

Upper Body– Chest (hand on low back squeeze elbows back, hand behind head open back.)

Back (round back forward, cat and cow arch, and held twists)

Shoulders (1 arms across front, both arms palms up reach back, both arms reach straight up)

Neck (ear to shoulder each side, chin tilt forward toward neck, turn head to each side)

Aquatic Kickboxing - C. H. Krafft

Warmup-

A. Jog forward and back 8 reps 4 times. Jacks for 16 and Cross Country for 16 2 times. Wide jog sideways 8 reps 4 times, rope skip in place 16.

B. Combined Active stretches, Full body moves and Rehearsal Moves

Do 16 alternating front leg kicks with a straight leg (no chamber) to explain the difference with the chamber and to warm up glutes

Practice front kick (kickboxing style) 16 times each leg to warm up calves and hamstrings.

Practice side kicks (kickboxing style) 16 times each leg to warm up It band and as a lateral opener instead of squats.

Practice Round house kicks 16 each side. Leg to warm up It band, quads, and as a lateral opener instead of squats.

Practice front kick right leg, back kick 8 times and switch to rehearse and to replace a lunge for hip flexor.

Practice inside and outside crescent kicks 8 each side for deep 6 rotator.

Upper body and low backs 16 of each

Pectoralis and Trapezius (Arms wide at surface of water, push and pull front back)

Rotator Cuff Internal and External (Elbows into waist, forearms parallel to surface, rotate in and out)

Rotator Cuff and Lower Trap (Done partially out of the water. Top of the arms parallel to the surface and to the sides of the body. Elbows at a 90° angle, Rotate up down.)

Low Back (With knees slightly bent, shoulders stay still, rotate the hips around in a slow circle several times, reverse direction.)

Routine Advanced Kickboxing Pattern after being built up. This is the final goal

Bob and Weave 4x

Jab Cross Front Kick 1/2 time 4x

Double Jab Cross Double front kick 4x

Up block Down Block Side kick all on right side 4x

Alternating Roundhouse 8x

Upper Cut right Hook left 8x

Right Elbow Left Elbow Right Knee 4x

Back Elbow Back Kick 4x

Jump side kick right traveling right 8x

Start over on left lead

Start here for teaching

Bob and Weave 8x, Jab Cross Front Kick 1/2 time 8x on right

Bob and Weave 8x, Jab Cross Front Kick 1/2 time 8x on left

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on right

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on left

Double Jab Cross Double front kick 8x on right and 8x on left

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on right, Double Jab Cross Double front kick 8x on right

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on left, Double Jab Cross Double front kick 8x on left

Up block Down Block Side kick all on right side 8x, Up block Down Block Side kick all on left side 8x

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on right, Double Jab Cross Double front kick 4x on right, Up block Down Block Side kick all on right side 8x

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on left, Double Jab Cross Double front kick 4x on left, Up block Down Block Side kick all on left side 8x

Repeat bold section again

Alternating Roundhouse 8x Upper Cut right Hook left 8x,

Alternating Roundhouse 8x Upper Cut right Hook left 8x

Right Elbow Left Elbow Right Knee 8x

Left Elbow Right Elbow Left Knee 8x

Alternating Roundhouse 8x Upper Cut right Hook left 8x, Right Elbow Left Elbow Right Knee 8x

Alternating Roundhouse 8x Upper Cut right Hook left 8x, Left Elbow Right Elbow Left Knee 8x

Repeat bold section again

Right Back Elbow Back Kick 8x, Jump side kick right traveling right 8x

Left Back Elbow Back Kick 8x, Jump side kick Left traveling left 8x

Repeat bold section again

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on right, Double Jab Cross Double front kick 4x on right, Up block Down Block Side kick all on right side 4x, Alternating Roundhouse 8x Upper Cut right Hook left 8x, Right Elbow Left Elbow Right Knee 4x, Right Back Elbow Back Kick 4x, Jump side kick right traveling right 8x

Bob and Weave 4x, Jab Cross Front Kick 1/2 time 4x on left, Double Jab Cross Double front kick 4x on left, Up block Down Block Side kick all on left side 8x, Alternating Roundhouse 8x Upper Cut left Hook right 8x, Left Elbow Right Elbow Left Knee 4x, Left Back Elbow Left Kick 4x, Jump side kick left traveling left 8x

Repeat bold section again

Pre Cool– Down with jump rope sequences and traveling slower kicks and punches.

Cool-Down stretches-4 upper body static stretches and 2 lower back static stretches are added to the cool-down in addition to 5 lower body stretches (calf, quad, hamstring, deep 6 rotators, and IT band) and the heart rate recovery.

Calf (Runner Stretch heel on ground behind body pressed to floor)

Quad(Curl heel up behind and hold with knee pointing straight down or behind)

Hamstring (Straight leg out in front held up)

Deep 6 rotator (ankle cross on thigh of opposite leg—sit into it)

IT Band (legs crossed front knee bends and stick the hip of the back leg out to side)

Pectoralis (Hands on lower back, elbows folded back)

Trapezius (Arms forward at surface of water)

Rotator Cuff Internal (Elbows into waist, forearms parallel to surface, rotate outward)

Rotator Cuff and Lower Trap (Hands behind the head, head up, elbows back)

Low Back 1 (Hands on the quads, with knees slightly bent, shoulders stay still, head looking down, round the back up.)

—Deep Water— _Interval –C. Krafft

Warm Up—

A. Thermal warm-up – Bicycling, Cross- Country, Front and Back kicks, wide sideways run and Jacks - Sideways Forward and Backward for each for 15 sec each. B. Active stretches—20 sec each

Muscle group(s) Deep water exercise

Calf, Bicep/Triceps Point and Flex with bicycle with arm curls

Quad, Chest/Back Heel lifts with Wide arms Push Pull

Hamstring, Delts One leg skateboard with Cross Country Arms

IT Band, Medial Delts Jacks with Cross and Jack arms

Deep 6 Instep Touch or Butterfly

Rotator Cuff Hitchhikers opening out

C. Full Body Moves 30 seconds each

Tuck and shoot jacks

Tuck and Shoot CC

Straight Leg Kicks

D. Rehearsal moves – Cross Country Ski, Jumping Jack, Upright flutter narrow and wide, Hurdle and tuck sideways, Upright breast stroke, Octopus 15-20 seconds each.

Routine

A. Pre-Interval Intensity Build—Add-on

1. Wide knee run circle right

Wide knee run circle left repeat from 1

2. Cross-country forward in CC backward out. Repeat from 1

3. Run in and Pikes out twice. Repeat from 1

Repeat from 1 again.

1b. Hurdle and tuck right lead. Turn 180 to face outside. Hurdle and tuck left lead turn 180 to face in.

Repeat.

2b. 1/4 turn right. Both legs pull together moving forward. Turn 180. Both legs dolphin back-ward. Turn 180.

(Repeat from 1b after facing center.)

3b. Do not reface center after 180 Jacks to left which should move them in toward the center of the circle.

Jacks to right which should move them back out. Repeat 3b. Face center and repeat from 1b.

4b. Face center alternating heels back moving in. Alternating instep touch moving out. Repeat from 1b.

INTERVALS % max heart rate ratio Perceived exertion and time (example) # of cycles

ratio of work/recovery

1.5min/.5 min 85/65 Aerobic but higher intensity 2-3

(Speed walk, Cross Country)

(Hurdle and Tuck sideways, Jacks)

(Double wide Russian backward, bicycle forward)

1 min/.5 min 87/65 Almost anaerobic 3-5

(Propulsion CC, Cross Country)

(Propulsion Jack, Jumping Jack)

(Upright Breast stroke hard, Octopus)

(fast bicycle, wide run)

(arms or legs only travel, wide kicks)

.5 min/.5 min 90/65 Anaerobic but can last up to 1 min 3-7

(Upright dolphin kick, skate)

(Upright flutter pulling up with hands, upright freestyle)

(Wide Flutter, upright sidestroke)

(Flexed foot flutter, dog paddle)

(Upright flutter hands on head, upright backstroke)

Mirror back with decreasing intensity intervals.

Core work at end before cool-down

Double Noodle on Arms then under feet

Upper body – jacks, CC, pushups, flys, sweeps, pikes, pike/tuck/shoot.

Lower Body -Squats, Jacks, Running, and Boarding etc.

Cooldown

A. Slow down to allow heart rate to come down. Everyone goes to center and does this together. 30 sec each. Upright Breaststroke forward, Octopus backward, Upright side stroke both ways, double wide Russian, log rolls.

B. Static Stretches at wall 10 –15 sec each

Muscle group Deep water

Calf Toes low on wall, heels pointing down

Quad One Heel curled up behind with option to hold with hand

Hamstring One leg in front straight on wall. Hold on with hands to wall

IT Band Straight legs crossed in front on wall. Hold on with hands

Deep 6 Channel 4 (1 ankle on thigh of other leg) sit

Back/Post Delt Cross arms in front hold onto wall and pull back

Chest/Ant. delt Wide arms and open out with palms up

Pre/Post Natal - C. H. Krafft

Warmup-

Rhythmic Limbering-Jog forward and backward, Wide knee jog side to side. Circle in the sand walk forward and backward, Rocking horse with big arms forward and backward.

Full Body Moves – Squats, Lunges, Straight Leg Kicks, Do breathing with these moves with a strong inhale and exhale through exertion.

Active stretches – Calf (Active runners stretch or prance), Quad (Heel lifts), Hamstring (Leg ext/curl), Deep 6 rotators (Fish Tail walk), IT band (pendulum). Cat/Cow for lower back, Hip circles for lower back.

Rehearsal moves – pelvic tilt on wall side bends, reverse curl on wall, leg circles on wall,, level 2 frogs,.

Workout-

Part 1 Moderate Cardio-

16 to 32 reps of each

Add-on

Circle in the Sand forward and back, repeat, add wide knee run side to side, repeat from beginning, add butt kickers forward and instep touch back, repeat from beginning add grapevines side to side (crossing front to back at least 8 to a side), repeat from beginning,

add wide front kicks forward and skates backward, repeat from beginning, add side traveling pendulums.

Bell curve peak as a link

Level 2 frogs, Cross country, cowboy kicks, in in out out jog. Repeat 4 times

3rd part of cardio on a Noodle

Alternate knee lifts, repeat, add bell swings, repeat from beginning, add hip rolls, repeat, add channel 4, repeat from beginning, add butterflys, repeat from beginning, add scissors,

Kegels on Noodle One set of 8-16 each .

SLOW KEGELS: Tighten the P . C. muscle as you did to stop the urine. Hold it for a slow count of three. Relax it.

QUICK KEGELS: Tighten & relax the P.C. muscle as rapidly as you can.

FULL. IN-SLOW OUT: Pull up the entire pelvic floor as though you are trying to pull the muscle up and in. Then release the muscle slowly.

ELEVATOR KEGELS: Pretend you're in an old , slow elevator! Think relaxed in the perineal area:

Gradually the elevator aill go up (tightening the muscles.)

The elevator is in the basement; relaxed perineum

Gradually tighten upwards a little to the 1st floor

Tighten a little more to the mezzanine

Tighten more to the 2nd floor

Tighten up as tightly (as much as you can) to the 3rd floor; HOLD to count

Gradually relax downwards each floor slowly to a relaxed "basement"! ! !

Upper Body Strengthening with Noodle or Buoys-

Repeat 3 times

Standing push and pull for chest and back 16-32 times

Jog with triceps press down 16-32 times

Jogging backward pull backward 16-32 times

Pulldowns in front to thighs 16-32

Cool Down Tai Chi 8 of each

Emphasize slow and deep breaths

Heels together, feet slightly turned out; bend the knees. Then, sink into the right leg as you extend the left leg out to the side. Shift your weight to the left leg, then shift your weight to the center (woo chi position) then straighten the legs.

Inhale as straight arms rise up in front, then pull the elbows back. Palms down, exhale and press the hands and arms down.

Shift the weight to the left leg, ti stance, shift weight forward to the bow stance. Roll back to shift weight, circling the arms.

Roll back and push - lunge position, roll forward and back. Roll the hands like a wave of water. Add a leg lift.

Embracing the Moon - legs apart. Hold a moon in between hands, elbows dropped, sway back and forth. Add a leg lift.

Static Stretching—Pelvic tilts, calf, quad, hamstrings, deep 6 roatators, cat/cow, IT band, chest, back, front and back shoulder, neck, feet (prance slow)

Description of Exercises- PELVIC TILT

Strengthen abs; relieve strain on the back

Back against the wall, rotate pelvis so the back comes in contact with the wall

BELL

Strengthen the obliques

Hanging on a noodle, feet together, knees open - swing legs side to side. Use obliques to pull hip toward shoulder

ALTERNATE KNEE LIFTS

Stabilize the back and strengthen the lower ab area

Deep water, hanging on a noodle; start with pelvic tilt, alternate the knee lift

Shallow Water—C. Krafft

Warm Up—

- An alternating or single press back of the heel for the calf and,
- An alternating heel lift behind for the quad and knee,
- A knee extension and curl in front for the hamstring and knee,
- A fishtail or instep touch for the hip and deep 6 rotators and
- A pendulum or one-leg jack for the hip and iliotibial band.

All of these can be performed single or half time, alternating or one side at a time, and with or without a hop.

-Front leg kicks with straight arms (goose step or soldier march) / opening up the glutes and anterior and posterior deltoids, leg swing front to back or wide kicks to the corners

-Plies (squats)/ opening up the lateral movement of the hip and shoulders or side karate kicks if the water is too deep for effective squats, and

-Lunges with fly arms / opening up hip flexors, chest and back or skates if the water is too deep for effective lunges.

Workout-

Base Starting Pattern – Add-On

Jumping Jacks Jumping Jacks Jumping Jacks Jumping Jacks Jumping Jacks

Cross Country Cross Country Cross Country Cross Country

Cowboy Kick Cowboy Kick Cowboy Kick

Mogul Mogul

Tucks

Layer in First Intensity Change repeat 2 or more x

Jumping Jacks, Jack Jumps

Cross Country, Cross Country with Tuck

Cowboy Kick, Double Karate

Mogul, Fast Moguls

Tucks, One Leg out Other Tuck Alternating

Layer in Second Intensity Change repeat 2 or more x

Jumping Jacks, Jack Jumps, Power Jacks

Cross Country, Cross Country with Tuck, Suspended CC

Cowboy Kick, Double Karate, Straddle Jump

Mogul, Fast Moguls, Suspended Tuck and Shoot Side to Side

Tucks, One Leg out Other Tuck Alternating, Booth Heels back

Strip out Low Level repeat 3 x

Jack Jumps, Power Jacks

Cross Country with Tuck, Suspended CC

Double Karate, Straddle Jump

Fast Moguls, Suspended Tuck and Shoot Side to Side

One Leg out Other Tuck Alternating, Booth Heels back

Replace First Intensity with Low

Jumping Jacks, Power Jacks

Cross Country, Suspended CC

Cowboy Kick, Straddle Jump

Mogul, Suspended Tuck and Shoot Side to Side

Tucks, Booth Heels back

Mirror out first section

Jumping Jacks Jumping Jacks Jumping Jacks Jumping Jacks Jumping Jacks

Cross Country Cross Country Cross Country Cross Country

Cowboy Kick Cowboy Kick Cowboy Kick

Mogul Mogul

Tucks

Abdominals on Noodle-

24 V-sit focusing on proper breathing and contraction 2 to 3 sets of 8,

8 V-sit down for 3 up for 1, 8 reverse V-sit down for 1 up for 3

8 Cross ankles right hip up, 8 Cross ankles left hip up, alternate 4 each side then 2 each.

8 Cross ankles hold with diamond legs (WIDE KNEES), V-sit as exhale, hold, diamond return to surface.

Switch cross and repeat.

8 V-sit with V legs, 8 V-sit with Channel 4 legs right, 8 on left

8 V-sit hold with alternating knee tucks,

Cool Down-

Static Stretch

Calves, Hamstrings, Quads, Hip flexors, IT band, Rotators, Low Back, Chest, Back, neck, shoulders all sides.

Dance Choreography - C. H. Krafft

Warmup-

I Like It-Enrique Iglesias (fet. Pitbull) 3:52

Jog 16 hit down on last beat.

2A Instep front, heel back on right 4x switch to left

4B Wide Knee lift Wide lift Wide lift Both Jump In hold arms pull you over

2C 1 leg jacks 8 right switch sides

D figure 8 arms hold body roll repeat 3 times on 4th one figure 8 twice

4B, 2C, D

2E 8 punch down with kick side 8 double pump each side

2C, 2 A only 2 each side, 2D, 2C

Mama Mia Abba 3:39

16 jogs

2A 4 cross over vine travel 4 hop and return

4B jog 3 forward hold jog 3 back hold 2C 4 side leap right 4 left

2D 3 jump and punch up 4 jog

2 E Rocking Horse 4 switch

4F instep front heel back

Jog E A 4B 2C 2D 2E 4F jog 4E 4F jog E 4A

Workout-

You Can't Touch This-MC Hammer 4:17

4A Wide knee lift Wide knee lift both feet down body roll

4B single single double stomp to front

4C single single double stomp to side

4A, 4B, 4C

4E Hamstring curl with back of hand flicking forward

3A, 4B, 4C, 4E, 3A

2F Snake arms with fast feet, 4 Cross jacks

Stop, 4B, 4C, 4E, 3A, 2F, stop, 4B, 4C, 4E, 3A, 2F, stop, 4B, 4C, 4E, 3A, 2F, stop, 4B, 4C, 4E, 8 pumps, 2A, 2F, 4B, 4C

Macarena (Original Version Los del Rio) 4:12

8 Jog

4A 2 side stomp right 2 rocking horse right switch sides

Jog 16

2B 8 rocking horse sideways to right switch

2C jog hands front palm down 1 at a time, turn palm up 1 at a time, hand to opposite shoulder 1 at a time, to back of head 1 at a time, to opposite front hip 1 at a time, to same side butt 1 at a time. Hips circle jump.

2B, 2C, 4A, 2B, 2C, 4A, 2B, 6C

Boogie Woogie Bugle Boy either Bette Midler or Andrews Sisters 2.21 min version

4 A -Jog 3 hold

Jog and push water forward until verse

4B- Rocking Horse

2C-2 double kicks 4 single kicks

4B, 2C

D 8 turn around wide twist on toes with jazz hands 4 1 legged jacks R 4 L C D C D C

4 A

8 E pendulum rock rock hold

4B 2C

8F back swing step

C

8 8 turn around wide twist on toes with jazz hands hold

It's Raining Men by the Weather Girls 2 tons of fun 5:24

2A (marching hands go hip hip out out shoulder , shoulder up up fast feet roll hands 8 counts)

2B(8 side kick push down in water 1 arm)

2C(4 count vine right 4 left)

D(4 hop circle right 8 pump 4 left circle 8 roll)

E (4 double stomp kick right and left 4 double pony 8 single)

2D, 8 double kicks , 8 counts fast feet, 2A, 8 moguls, 2D, jog, 4C, D, 12 double stomp kicks, 4 double pony

8 single, D

California Girls – Katy Perry feat. Snoop Dog 3:56

Jog 2A (4 1 leg jacks right 4 cross jacks, 4 1 legged jacks left 4 cross jacks)

2B (4 skip forward 4 mogul back)

2C (6 pendulum rock rock hold/pulse up 8 hip circle turn)

A, 2B, 2C, 4 instep touch front heel back right 4 left, 8 stomp back back right, 8 left, 8 alternating, 2C, 4 1

legged jacks right, 4 left, 4 right, 4 left open out 1 arm at a time slow.

We Found Love – Rhianna (Feat Calvin Harris) Single version 3:35

A(8 skate push across at angle)

B(4 hip pops right with . circle arms close-far arms at surface, 4 left, 4 right, 4 left)

C(4 right leg kick front then back, 4 left leg kick front then back)

D(4 leaps right, 4 left, 4 right, 4 left)

E(8 double chest pop alternating sides, 8 single alternating side 8 fast feet roll arms)

A,B,C,D

8 small jacks weave arms in and out ,B,D,E,A,D open out

Dynamite by Tai Cruz Album Rockstar 3:23

16 mogul hops side to side

A – (8 hook punches, 8 upper cuts, 8 front punch, 8 elbows, 4 right knee pull across, 4 left)

B – (2 Power Jacks, 2 pull arms across front, 2 Power Jacks, 2 pull arms across front)

C- (4 right instep 4 right heel back, 4 left instep 4 left heel back)

A, B, C

4x(8 mule kick . turn)

4 mule kick front

8 Side Karate kicks ,B,C

Papi-Jennifer Lopez 3:44

4 times Both hands push 1 2 3 4 and The 4 A Single single double kick fron4, 4A bigger

8 B 3 fast stomp both feet jump together switch

8 C Spilt jump turn to side then back to center

2D 8 alternating 1 leg jacks BIG 8 lucky charms

8B,8C,2D, 3 E 6 skate 2 double heel jump

8C,2D,2E

Waka Waka (Esto Es Africa) – Shakira Sale El Sol 3:04

A Jog . time hands –Side circle 4 2 push big open (1/2 time)
3B(4 leaps to 1 side)
A Jog . time hands –Side circle 4 2 push big open (1/2 time)
2 A arms regular speed
2D (8 right one arm up one trailing behind hop on one foot flit kick the other around in a Circle, Repeat left side.)
3B,A slow ,4 A regular speed,2D, 2A slow, 4A fast, 2A slow,2D,open out
Show Me How You Burlesque-Original Motion Picture Soundtrack 2:59
3 sexy slow sweep arms up and pull down. Walk around small 360 sexy.
A (16 small kick while smacking the water at the surface to the snaps)
B(8 kicks forward 8 hops back)
C(16 moguls)
2D (2 cross over jacks 4 slow hip circles)
2E(6 double heel jumps 8 fast hip circles)
A, B, C, 2D, 2E, A C . C Suspended, 2E jump back
Rockin Robin—Jackson 5 2:33
8A pony
2B (4 rocking horse switch 4 rocking horse 4 kick from knee right 4 left , Alternating kick for 8 turn in circle)
C (12 alternating big 1 leg jacks)
D (jog 3 hold)
B,D,B,8A
Cool Down -
Price Tag (Feat BoB) – Jessie J 3:42
A 16 pony
B (16 jog 3 hold)
C(Big arm sweep left pull in push out repeat right)
D 4 jogs arms come up to surface at side
E 4 big wide hops forward arms out, 4 walk back pushing away, 4 right stomp open arms up and out at surface, 4 left stomp open arms up and out at surface, turn right shimey top, turn left shake butt, 4 right stomp open arms up and out at surface, 4 left stomp open arms up and out at surface)
B, C, D, E, 8 pull knee across, 8 side lunge 2 punches down 2 pull backs with each lunge, 8 side lunges punch down hold big open with each lunges.
2E, Sweep arms back and forth.

Versatile High Intensity—C. Krafft

Warm Up—

Jog back and forth breast stroke arms same depth 1-2 min

Sideways wide knees reach and pull same depth 1-2 min

High Knees with kick out changing depth with turns breast stroke arms 1-2 min

Jogging backwards high heels behind stomp back changing depth alternating arm push 1-2 min

Instep Touch Forward and CC ski Backward 1-2 Min

Sideways Cross jacks 1-2 min

Workout

Interval and Mixing the formats with variation on a theme. Referring to the grid pick 3-5 base moves

a. Three to Five moves at level 1 for 30 sec each

Same moves same order with a chosen intensity variation for 1 min each

Same moves same order at a higher intensity variation performed for 1 min each

Repeat several times

b. Three to Five moves at level 1 for 30 sec each stationery

Same moves same order at performed double time for 1 min each

Same moves same order at with propulsion for 1 min each

Repeat several times

c. Three to Five moves at level 1 for 30 sec each stationery

Same moves same order at performed moving front back for 1 min each

Same moves same order at performed moving side to side for 1 min each

Repeat several times

d. Wall moves regular for 30 sec each, running moves for a minute each repeat

Maintaining of High Intensity

Three to Five base moves level 1 min each 3 times then add intensity variable from chart repeat 3 times.

Continue to in-crease intensity with a new variable for each of your base moves for 1 minute and repeating 3 times. Decrease intensity with the same method lowering the intensity slowly over 2-3 rounds returning to the base move for the final round.

Base Moves

CC JJ Jog Tuck or Kick (Fr, side, back)

(Reg, Wide), Frog

Heels back

One sided variation

Rocking Pendulum, Single knee Fish Tail One leg kick,

Horse One Leg J Single Heel One leg skate

Level 2 variation

CC lev 2 JJ lev 2 Jog 2 tuck cuffs Russian(Fr, Side)

Heels back 2 touch

Speed variation

CC fast JJ fast Fast Feet, Fast Hops Fast Scissors(Fr,Side)

Fast Heels

Behind

Level 2.5

CC 2.5 Jack 2.5 Jog 2.5 , Jump FB RussianKick 2.5

Heel back 2.5 (Fr,Side)

Tuck Variation

CC with tuck J n tuck, Leaps Power Frog, Kick n Tuck

Power J Broad Jump

Up and Out Emphasis

Split Jump Straddle Jump High knees One leg Tuck, Jump Karate Kicks,

One Leg N Both Kick Out,

Back, Cow- Double Russian,

Boy kick, Leg Ext/Curl, Skate

Karate Kicks,

Mule Kick

Up and In Emphasis

Scissor Jump Jack Jump High heels Both Heels Kung Fu Karate

Prance Up Kicks

Dolphin Kick

Added Flutter/Cross

Scissor Jump Crossover, Soccer Kick Lucky Charm Crossover Kick

With flutter Jack Jump (Fr. Side)

With cross

Level 3 variation

Susp CC Susp JJ Sus jog TucknShoot Susp Russ

F/B, Tuckn (Fr./Side)

ShootS/S

Tuck and Directional variation

CC R/L JJ F/B In and Outs Moguls, Russ in and out,

Hitch Kick Moguls Tuck Leg Circles

Helicopter

Rebound variation

CC Rebound JJ Rebound Skip Free Throw Crane Kick

Key

JJ Jumping Jack

CC Cross Country

F/B Front to Back

R/L Right to Left

Level 1 – _little hop

Level 2 – _slide feet on floor, shoulders in the water

Level 2.5 – _shoulders in the water and momentarily suspended with a tuck

Level 3 – _totally suspended

Rebound – _with propulsion up

Cool Down-

Jog back and forth breast stroke arms same depth 1min

Sideways wide knees reach and pull same depth 1 min

High Knees with depth with turns breast stroke arms 1 min

Jogging backwards high heels behind changing depth alternating arm push 1min

Static Stretch

Calves, Hamstrings, Quads, Hip flexors, IT band, Rotators, Low Back, Chest, Back

Equipment Toning - C. H. Krafft

Warmup-

Jogging forward with under hand throws, jogging backward with freestyle swim arms. 15 sec each way
Repeat 2 times.

Over the barrel jog with side stroke arms. 15 sec each way Repeat 2 times.

Front kicks with chest press. Backward skate pushing across. 15 sec each way Repeat 2 times.

Jacks sideways with jack arms. 15 sec each way Repeat 2 times.

Cross country ski forward then back. 15 sec each way Repeat 2 times.

Pendulum sideways with swinging arms. 15 sec each way Repeat 2 times.

Instep touch forward, heels behind backward with both arms reaching behind. 15 sec each way Repeat 2 times.

Rocking horse as a knee stomp forward and heel curl stomp back in place big close and open of arms. 15 sec each side Repeat 2 times.

Triceps and Chest-Buoys

1. Triceps/biceps. On surface: drag the buoys in and out bending at the elbow. 30 sec

2. Chest/back . On surface: drag the buoys in and out keeping the elbow straight. 30 sec

1a.Triceps concentric/eccentric. Stand with both buoys and push the buoys down and up in the water bending at the elbow. 15 sec

2a.Chest concentric/eccentric. Stand leaning over and push the buoys down and up in the water elbows fixed. 15 sec

1b.Triceps. Repeat 1a with both buoys in one hand. 10 sec each arm

2b.Chest. Repeat 2a with both buoys in one hand. 10 sec each arm

Shoulders—Buoys

1. Front and Back Shoulder. Cross Country with a little bounce. Palm in, palms forward and palms back ward 30 sec each

2. Front and Back Shoulder. Cross Country with low in water with a slide of feet on ground. Palm in, palms forward and palms back ward 15 sec each

3. Front and Back Shoulder. Cross Country with suspended. Palm in, palms forward and palms back ward 10 sec each

Hamstrings and Outer Thigh— Band around feet

Outer thigh concentric/eccentric. With the band around the arches perform 16 jumping jacks.

Hamstring concentric/eccentric. With the band around the arches stand on the band with one foot and curl other leg back 16 times each leg.

Repeat with 24 reps each, 32 reps each, 24 reps each and 16 each. Total 5 sets

Back—Band in hands

1. Mid back. One arm bow and arrow with one side split ski 16 reps each side.

2. Lats. One arm pull down with other arm held overhead with jog. 16 reps each side.

3. Mid back with more delts. Arms at surface both pull open with jumping jack. 16 reps

Repeat 2 times

Quads—Band around feet

1. Wide cowboy kick 16 reps.

2. Wide jogs 16 reps.

3. Straddle jumps 16 reps.

Repeat 3 times

Shoulder Rotators– Buoys in hands

1. Rocking Horse with elbows by sides rotating in and out. 16 each side.
2. Jacks with elbows out to side hands rotating up and down. 24 times.
3. Brace and stand. With back of the hand facing out big sweep from across to open. Alternating 24 times.

Repeat 3 times

Inner Thigh and Hip rotators– Buoys under arms suspended.

Legs out in front toes turned out pulse cross heels.

Point toes cross ankles 3 times open out wide.

Legs hang under you knees bent feet stay together open and close knees.

16 reps each, 24 reps each, 32 reps each, 24 reps each and 16 each. Total 5 sets.

Abs—Buoys under arms suspended. And band around feet.

Wide leg bicycle 16 times. Hole one leg in one out and pulse knee in 16 times and repeat on other side.

Wide V pikes 16 times, Wide V Shoot front to back 16 times, Wide leg swing under you 16 times. Do this 2 times.

Abs/Cooldown—Buoys in hands standing.

Lean out so hips go in front of toes and pull in 16 times, sweeps across 16 times, side punch downs 16 times. Repeat 2 times.

Cool Down stretches-No equipment.

Calf Toes low on wall, heels pointing down Quad One Heel curled up behind with option to hold with hand

Hamstring One leg in front straight on wall. Hold on with hands to wall IT Band Straight legs crossed in front

on wall. Hold on with hands Deep 6 Channel 4 (1 ankle on thigh of other leg) sit Back/Post Delt Cross arms

in front hold onto wall and pull back Chest/Ant. delt Wide arms and open out with palms up Forearms

Straight arms flex wrist back and down Neck Ear to shoulder each side .

—Seniors —C. Krafft

W_a_r_m__U_p__

Rhythmic Limbering— March forward and Circle in the Sand back 8 each 2 times, Side step with reach and pull 8 each side 2 times. Flit kick forward and big step back 8 each 2 times. Step together arms open and close 8 each 2 times.

Full Body Moves – Big knees up and over sides ways 8 each direction 2 times, Big Rocking horse 8 each side 2 times, Straight Leg Kicks 16 front 16 side and 8 back 2 times around, Do breathing with these moves with a strong inhale and exhale through exertion.

Active stretches – Calf (Active runners stretch or prance), Quad (Heel lifts), Hamstring (Leg ext/curl with walk), Deep 6 rotators (Fish Tail walk), IT band (pendulum). Do 16 of each 2 times

Rehearsal moves – crab walk, tip toe walk, step together, Charleston. 16 of each

R_o_u_t_i_n_e__

Add on and layer

Step together (8 rt, 8 lft)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back), crab walk (8 rt, 8 lft)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back), crab walk (8 rt, 8 lft)

tip toe walk forward and heel walk back (8 forward, 8 back)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back), crab walk (8 rt, 8 lft)

tip toe walk forward and heel walk back (8 forward, 8 back), Charleston (8 rt, 8 lft)

Layer in arthritis

Step together (8 rt, 8 lft), Step together (8 rt, 8 lft) with Arm abduction and adduction (jumping jack arm),

Flit kick forward, circle in sand backward (8 forward, 8 back) Flit kick forward with chest push, circles in sand with sweeping arms.(8 forward, 8 back)

Crab walk(8 rt, 8 lft), crab walk(8 rt, 8 lft) with wrist flexion and extension

Tip toe walk forward and heel walk back (8 forward, 8 back), tip toe walk with finger flexion/extension (fists and open) heel walk back rolling hands over each other(8 forward, 8 back),

Charleston (8 rt, 8 lft), Charleston (8 rt, 8 lft) with shoulder flexion/extension (cross country arms).

2x (Step together (8 rt, 8 lft) with Arm abduction and adduction (jumping jack arm), Flit kick forward with chest push, circles in sand with sweeping arms.(8 forward, 8 back), crab walk(8 rt, 8 lft) with wrist flexion and extension, toe walk with finger flexion/extension (fists and open) heel walk back rolling hands over each other(8 forward, 8 back), Charleston (8 rt, 8 lft) with shoulder flexion/extension (cross country arms).

B_a_l_a_n_c_e__a_n_d__C_o_o_r_d_i_n_a_t_i_o_n__

Walking forward swing leg front back front big step 8 times forward.

Walking backward swing leg back front back big step 8 times backward.

Sideways swing leg open close open step 8 right and 8 left.

Forward march 3 hold march 3 hold 8 times.

Backward heel curl 3 alternating hold heel 3 alternating hold 8 times

Sideways pendulum rock 3 hold rock 3 hold 8 right and 8 left.

Repeat whole sequence

M_i_r_r_o_r__o_u_t__f_i_r_s_t__s_e_c_t_i_o_n__

2x (Step together (8 rt, 8 lft) with Arm abduction and adduction (jumping jack arm), Flit kick forward with chest push, circles in sand with sweeping arms.(8 forward, 8 back), crab walk(8 rt, 8 lft) with wrist flexion and extension, toe walk with finger flexion/extension (fists and open) heel walk back rolling hands over each other(8 forward, 8 back), Charleston (8 rt, 8 lft) with shoulder flexion/extension (cross country arms).

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back), crab walk (8 rt, 8 lft)
tip toe walk forward and heel walk back (8 forward, 8 back), Charleston (8 rt, 8 lft)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back), crab walk (8 rt, 8 lft)
tip toe walk forward and heel walk back (8 forward, 8 back)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back), crab walk (8 rt, 8 lft)

Step together (8 rt, 8 lft), flit kick forward, circle in sand backward (8 forward, 8 back)

Step together (8 rt, 8 lft)

U_p_p_e_r_b_o_d_y_a_n_d_a_b_s_

Stand in place stabilizing with arms. Big push front and back 8 times, freestyle arms 8 times, underhanded throw 8 times, pull across front 8 times, thumbs up slice out in front arms open 8 times.

Repeat 2 times

C_o_o_l_D_o_w_n_

Full Body Moves – Big knees up and over sides ways 8 each direction 2 times, Big Rocking horse 8 each side 2 times, Straight Leg Kicks 16 front 16 side and 8 back 2 times around, Do breathing with these moves with a strong inhale and exhale through exertion.

Balance on one foot. Swing the leg back and forth 8 times, then out to the side 8 times, Switch legs.

S_t_a_t_i_c_s_t_r_e_t_c_h_e_s_h_o_l_d_f_o_r_1_0_-1_5_s_e_c_e_a_c_h_

Lower Body -Calf, Quad, Hamstring, Deep 6 rotators (Channel 4), IT band (Bow watch crossing midline if have hip replacement), Hip flexors (one foot behind like calf stretch, but lean back), feet (step back like calf but lift back heel and keep ball of foot on floor)

Upper Body– Chest (hand on low back squeeze elbows back, hand behind head open back.)

Back (round back forward, cat and cow arch, and held twists)

Shoulders (1 arms across front, both arms palms up reach back, both arms reach straight up)

Neck (ear to shoulder each side, chin tilt forward toward neck, turn head to each side)

Aquatic Kickboxing - C. H. Krafft

Warmup-

A. Jog forward and back 8 reps 4 times. Jacks for 16 and Cross Country for 16 2 times. Wide jog sideways 8 reps 4 times, rope skip in place 16.

B. Combined Active stretches, Full body moves and Rehearsal Moves

Do 16 alternating front leg kicks with a straight leg (no chamber) to explain the difference with the chamber and to warm up glutes

Practice front kick (kickboxing style) 16 times each leg to warm up calves and hamstrings.

Practice side kicks (kickboxing style) 16 times each leg to warm up It band and as a lateral opener instead of squats.

Practice Round house kicks 16 each side. Leg to warm up It band, quads, and as a lateral opener instead of squats.

Practice front kick right leg, back kick 8 times and switch to rehearse and to replace a lunge for hip flexor.

Practice inside and outside crescent kicks 8 each side for deep 6 rotator.

Upper body and low backs 16 of each

Pectoralis and Trapezius (Arms wide at surface of water, push and pull front back)

Rotator Cuff Internal and External (Elbows into waist, forearms parallel to surface, rotate in and out)

Rotator Cuff and Lower Trap (Done partially out of the water. Top of the arms parallel to the surface and to the sides of the body. Elbows at a 90° angle, Rotate up down.)

Low Back (With knees slightly bent, shoulders stay still, rotate the hips around in a slow circle several times, reverse direction.)

Routine (Link/RP stands for reverse pyramid meaning do 8 of each move once, 4 of each move twice, 2 of each move 4 times and 1 of each for 8.)

Teach Front Driving Punches in LINK/RP right leg lead Jab, Cross Front Kick

Teach Front Driving Punches in LINK/RP left leg lead Jab, Cross Front Kick

Teach Side Driving Punches in LINK/RP right leg lead Back Fist, Ridge Hand, Front Round house

Teach Side Driving Punches in LINK/RP left leg lead Back Fist, Ridge Hand Front Roundhouse

Teach Front Driving Kicks in Variation on theme right leg lead 8 of each-Front, Double Front, Knee strike-kick, Jump Front

Teach Front Driving Kicks in Variation on theme left leg lead 8 of each-Front, Double Front, Knee strike kick, Jump Front

Teach Side Driving Kicks in LINK right leg lead 8 of each Front Round House, Hook kick

Teach Side Driving Kicks in LINK right leg lead 8 of each Front Round House, Hook kick

Speed Bag Variations 8 circles each arm 4 times, 4 circles each side 8 times, 2 circles each side 16 times

Defensive Combo Add-on and Reverse Pyramid Right side (8 of each block once, 4 of each block once, 2 of each block once, 8 of each block 8 times)

Upper Blocks, Down Blocks, and on block of Back/Front Shuffle

Defensive Combo Add-on and Reverse Pyramid Left side

Upper Blocks, Down Blocks, and on block Back/Front Shuffle

Defensive/Offensive Slow Link then speed up right Side

Hook Punch and Upper Cut, and on block Jab Cross Kick

Defensive/Offensive Slow Link then speed up left Side

Hook Punch and Upper Cut, and on block Jab Cross Kick

Rope Skipping Variations—8 double foot hop, 8 right foot hop 8big jump of two fast circles of wrists, repeat on other leg. Finish with 16 figure 8 arms.

Inside and Outside Crescents in Link/Reverse Pyramid right side, then Left side,
Alternating Inside and Outside Crescents for 16
Teach Side Driving Kicks in Variation on theme right leg lead 8 of each-Side, Double Side, Knee strike-
kick, Jump Side
Teach Side Driving Kicks in Variation on theme left leg lead 8 of each-Side, Double Side, Knee strike- kick,
Jump Side
Move with Sides and add Jump Side in Link of 8 each
Elbow Strikes and Knee Strike Link and RP on Right
Elbow Strikes and Knee Strike Link and RP on Left
Back Elbow Strike and Back Kick Link and RP on Right
Back Elbow Strike and Back Kick Link and RP on Left
Jab, Cross Hook Uppercut on right 16 times
Jab Cross Hook Uppercut on Left 16 times
Up block Down block Side kick on right 16 times
Up block Down block Side kick on left 16 times
Traveling alternating front kick across pool
Traveling jab cross front kick alternating lead across pool
Cool-Down stretches-4 upper body static stretches and 2 lower back static stretches are added to the cool-
down in addition to 5 lower body stretches (calf, quad, hamstring, deep 6 rotators, and IT band) and the
heart rate recovery.
Calf (Runner Stretch heel on ground behind body pressed to floor)
Quad(Curl heel up behind and hold with knee pointing straight down or behind)
Hamstring (Straight leg out in front held up)
Deep 6 rotator (ankle cross on thigh of opposite leg—sit into it)
IT Band (legs crossed front knee bends and stick the hip of the back leg out to side)
Pectoralis (Hands on lower back, elbows folded back)
Trapezius (Arms forward at surface of water)
Rotator Cuff Internal (Elbows into waist, forearms parallel to surface, rotate outward)
Rotator Cuff and Lower Trap (Hands behind the head, head up, elbows back)
Low Back 1 (Hands on the quads, with knees slightly bent, shoulders stay still, head looking down, round
the back up.)
Low Back 2 (Hands on the quads, knees bent, shoulders stay still arch the low back with the head up.)

—Deep Water- Circuit –C. Krafft

Warm Up—Everyone is doing this part together.

A. Thermal warm-up – Bicycling, Cross- Country, running, and Jacks - Sideways Forward and Backward for each for 15 sec each. B. Active stretches—20 sec each

Muscle group(s) Deep water exercise

Calf, Bicep/Triceps Point and Flex with bicycle with arm curls

Quad, Chest/Back Heel lifts with Wide arms Push Pull

Hamstring, Delts One leg skateboard with Cross Country Arms

IT Band, Medial Delts Jacks with Cross and Jack arms

Deep 6 Instep Touch or Butterfly

Rotator Cuff Hitchhikers opening out

C. Full Body Moves 30 seconds each

Tuck and shoot jacks

Tuck and Shoot CC

Straight Leg Kicks

D. Rehearsal moves – Review the stations with out equipment explaining each as the class mim-ics the exercise. 15-20 seconds each

Workout 2 min each station . Last 15 sec to switch to the next station—Go around the Cir-cuit twice.

1. Noodles under feet Jacks—Inner Thigh

2. Figure 8 band around the feet Jacks—Outer Thigh

3. Propulsion Jacks –Cardio, Inner and Outer Thigh

4. Buoy pushups—Chest

5. Band held in front either a figure 8 band or long band attached to wall pull arms back—Back

6. Standing Flutter toss and catch ball—Cardio and quads

7. Figure 8 band around feet hamstring curl arms push down alternating—Hamstrings

8. Buoys in hands with straight arms along sides pulsing down, toes at surface of water (V sit Pilates 100)—Rear Delt and Core

9. Propulsion Cross country—Cardio

10. Pike, tuck shoot on Wall. Hold onto the Wall face down with hips just below surface of water, drag straight legs bending at the hips to till toes touch the wall, tuck the knees in and shoot them back to the starting position—Core

11. Jog with figure 8 or short band in hands elbows in by sides, hands in front rotating in and out– Exter-nal rotator.

12. Cross Country with buoys—Cardio and front and back delt

Cooldown

A. Slow down to allow heart rate to come down. Everyone goes to center and does this together. 30 sec each. Upright Breaststroke forward, Octopus backward, Wide run sideways, Alternating heel lifts

B. Static Stretches at wall 10 sec each

Muscle group Deep water

Calf Toes low on wall, heels pointing down

Quad One Heel curled up behind with option to hold with hand

Hamstring One leg in front straight on wall. Hold on with hands to wall

IT Band Straight legs crossed in front on wall. Hold on with hands

Deep 6 Channel 4 (1 ankle on thigh of other leg) sit

Back/Post Delt Cross arms in front hold onto wall and pull back

Chest/Ant. delt Wide arms and open out with palms up

ABSOLUTELY ABS III

Warm-up:

Jog with loose arms until water feels warm

Side to side lunge 1 set of 8

Twist (Remember from the armpit) 1 set of 8 to right, 1 set of 8 to left

Ab routine no flotation:

Noodle press downs, lunge right foot in front, noodle extended in front, palms down, press noodle just under water, release, repeat 3 x's on last hold noodle down for 10-12 seconds, repeat 3 x.

Switch legs and repeat. Diagonal noodle press downs, pivot arms just to the side of the front leg, repeat above 3 times, switch legs and side.

Belly button in & out, pick up tempo; Belly button in & up, lifting ribcage Pelvic tilt, pull in as exhale to a count of 3, hold and repeat 2-3 times Tuck- j acks, focus on pulling in with abs not pushing off floor Tuck skis, pull knees all the way to chest each time

Tuck ski, right leg in front 8 times; Tuck ski, left leg in front 8 times Tuck diagonal skis

Right knee to left elbow only 3 sets of 8, 2nd and 3rd set increase speed but keep range of movement. Repeat with left knee to right elbow. Swish N Sway, tuck both knees to chest, extend both legs to side, tuck, extend to other side. Option tap 1 set, no touch 1 set, repeat.

Ab-routine with flotation, noodle under shoulders:

Right knee to left noodle (meet in center of body) Repeat other side.

Right ankle to left noodle " " " " " "

V-sit with scissor legs, V-sit with exhale, hold, scissors legs 8x, 4x, 2x Swish N Sway with 1 noodle in each hand, hand in middle of noodle. Shoot Through, remember legs lower than hips, NO back ARCH Alternate Swish N Sway with Shoot Through, 4 start right side, 4 start left

Ab-routine with noodle under shoulders and tail bone.

V-sit knee tuck, V-sit, hold, right knee to chest, knee out, release, repeat 8x V-sit diamond hold, V-sit ankles crossed, hold, make diamond, release V-sit with 4 legs, Repeat other leg.

V-sit with V-legs

Finish with Stretching

BUNS & THIGHS ROUTINE

Warm-up:

Jog
Low front kicks
Side to Side Lunge
Pendulum travel right 8cts.
Pendulum w/ hold, swing, swing, swing hold 4 hops, pendulum travel left, repeat pendulum w/ hold
Pendulum w/ a stag jump; swing, swing, swing, jump 8 cts. alternating legs

Toning. Karate Segment:

A. Side Karate Kick 8 cts. travel right
B. Flying Karate Kick 8 cts. kick right
Repeat A and B to the left.
Repeat A travel right
Karate kick front and side 8 cts. right leg, repeat A travel left
Repeat karate kick front and side w/ left leg, repeat A travel right
Karate kick front pivot back 8 cts. right leg, repeat A travel left
Repeat karate kick front pivot back 8 cts. left leg

Toning Ski Segment:

A. Tuck Skis rebound 8 cts., travel forward 8 cts.
B. Moguls 8 cts., repeat tuck skis travel backward 8 cts., repeat moguls 8 cts. Repeat A & B 4 cts., then 2 cts.
X-Country Skis 8cts. travel right.
Split ski jump right leg in front 8 cts., repeat X-Country skis travel left repeat split ski jump left leg in front 8 cts.
A. Split jumps right leg in front 8 cts., split jumps left leg in front 8 cts., 8 cts. alternating front leg.
B. Split jumps to corners 8 cts., repeat A & B 4 cts., then 2 cts.
X-Country Skis 8 cts. travel forward, > speed 8 cts., repeat travel backward 8 cts. Heal Skis 8 cts. travel forward, > speed 8 cts., repeat travel backward 8 cts.

Toning Jack Segment:

Jumping jacks travel right 8cts., Rebound jacks 8 cts., jacks travel left 8cts. Rebound Jacks 4 cts., Rebound jacks Outside "Rockets" 8 cts. Rebound jacks 4 ct Rebound Jacks Inside "Cheerleader" 8 cts., alternate Outside and Inside 4 cts. each Scissors travel right 8 cts., Rebound Scissors 8 cts., repeat scissors travel left 8 cts., Rebound Scissors X 2 8 cts.
Tuck Jacks Level 2 travel forward 8 cts., tuck jacks level 3 travel backwards 8 cts. Tuck Jack Slides Level 2 8 cts., Tuck Jack level 3 8 cts.
Tuck Jack Squeeze Level 3 8 cts.

Toning Frog Segment:

Frogs "Diamonds" travel right 8 cts. Lucky Charms 8 cts., Frogs travel left 8 cts. Outside Frogs 8 cts. Power Frogs 8 cts.

Toning Jump Rope Segment:

Hamstring curls travel forward 8 cts., Jump Rope 8 cts., hamstring curls travel back 8 One Leg Jump Rope 8 cts. right leg, 8 cts. left leg
Tuck Jump 8 cts., One Leg Tuck Jump 8 cts. right leg, 8 cts. left leg

Toning Rocking Horse Segment:

Rocking Horse right leg in front travel forward 8 cts.

Roadrunner right leg in front 8 cts. w/ 1/4 turns

Repeat rocking horse left leg 8 cts. travel backward, repeat roadrunner left leg Rocking Horse front right leg straight travel forward 8 cts.

One Leg Pike Jump right leg 8 cts., repeat rocking horse straight leg left travel back 8 repeat One Leg Pike Jump left leg 8 cts.

Toning Kicks Level 2 & 3 Segment

Russian Kick Level 2 travel forward 8 cts.

Double Russian Rick Level 2 travel backward 8 cts.

Russian Kick Level 3 travel forward 8 cts., > speed 8 cts., repeat travel backward 8 cts. Irish Jig

Level 3 travel forward 8 cts., > speed 8 cts., repeat travel backward 8 cts. Double Irish Jig Level 2 8 cts.

Ease-Down:

Side leaps to right, repeat to left 8 cts. each way

Side Leap Crossovers travel right, repeat to left, 8 cts. each way

Alternating Giant Side Steps travel right 8 cts.

Lunge Steps travel forward 8 cts.

Channel 4 stretch w/ sculling arms hold stretch for 12-15 seconds.

Stretch using wall; hold stretches for a minimum of 12 seconds each:

Walk both feet up wall as close to hands as can, tuck knees to chest for back stretch. Hamstring stretch: slowly straighten legs, leaning forward, don't lock legs, press heels to wall if possible.

Inner Thigh stretch: walk legs apart into straddle, lunge to right and hold, make

sure right knee doesn't go past foot, return to center and repeat on left, return to center Hip stretch: with knees and toes pointed out, pull in towards the wall and hold, repeat with knees and toes pointing straight up.

Calf stretch: walk feet back together and down wall, stand arms length from wall, lean forward, keeping fanny tucked in, hold

Quad stretch: Step forward w/ right foot where wall and floor meets, step back w/ left foot, "lunge position", go up on left toes, pelvic tilt, then bend left knee straight down to pool bottom, hold, repeat w/ right leg.

Thigh Exercises

Hamstrings and Gluts

Alt Kick pull down, single leg kick pull down, Noodle bicycle one arm and both up, Double Russian narrow forward, DR. Wide forward, Russ alternating forward narrow, Russ alter. For. Wide, hip hop kickback. Scissor Jumps, Scissor with double switch

Fast Heels backs, Double heel jump, one up one leg heel jump, flexed foot flutter on wall, flexed foot flutter knees together on wall, run the wall, big scissor wall

Band on feet - ham curls single or Alternating, double heel jump. With noodle front position curls single and double.

Just a noodle under instep knee ext and curls, straight leg pull down.

Quads and Hip Flexors

Alt Kick pull up, single leg kick pull up, pulse up at top. 3 lift up. Double Russian narrow Backward, DR. Wide Backward, Russ alternating Backward narrow, Russ alter. Backward. Wide

Fast scissors, Tuck jump, one up one leg tuck jump, flutter on wall front, back and side. Kung fu front kicks. Split jumps

Band on feet. With noodle front and side position scissors front back.

Inner Thigh

Jacks cross, jack jumps, jack n tuck, jack jump double cross, soccer kick, Out cross front out cross back. Lucky Charms

Noodle under foot on legged jacks, suspended on noodle scissor 3, out., lane line slides.

Outer Thigh

Straddle jump, Kung fu side, Band jacks, band skates, Jumping Jacks, Matrix Run wall

Noodle front plank pulse out, Side position lifts single and both, suspended on noodle scissor 3, out

Traveling 1 leg jack leading leg, leap outs and back in.

ABS

Wall jumps front, Wall jumps side, Pike Tuck Shoot Wall, Wall Vertical Curls, Noodle V, V Stacked feet, Leg lifts, Wide V, Front plank pikes in and out. Vertical 1 inch lift and lower at 90. Vertical lift and lower, Side position lifts single and both, suspended on noodle

Noodle V With band wide, V Bicycle Pulse, Leg lifts, Front plank pikes in and out wide with band. Vertical 1 inch lift and lower at 90 Wide with band. Vertical lift and lower Wide with band,

Creative exercises for warm ups:

A. Come up with moves for each of the following with their level (Beg, Int, Adv)

	Simple moves	Combination moves
Lateral hip openers	Wide Knees Lifts (I) Wide Run (B) Travel Squat (B/I) Outside ankle touch (I)	Run in-in out out Lunge F Squat S Crab Shuffle Frog and Tuck
Front hip openers	Wide Frog (A) Skate (B) Back Kicks (I) Mule Kicks (I) Back Lunges (A)	Leg Swing Lunge then kick front Lunge then lift back Back Kick/ Side kick
Back hip openers	Circles in the Sand backward(B) Hula (B) Straight Kick (B) V Kick (B/I) Circles in the sand forward (B)	Leg Swing Lunge then kick front Front Kick /side kick High knees in front
Active calf	Snowboard(A) Heel press (B) Walk backward (B) Heel walk (B/I) Walk forward heel toe (I)	Heel heel toe toe Heel touch fr. Toe touch back Running Man (A)
Active quad	Heel Touch behind (B) Mule Kick (B) Double Heel Lift (A) Hopscotch(I) Soccer kicks (I)	Stomp kick any direction Rocking Horse bent knees Instep and behind touch
Active hamstring	Knee kicks front or side (B) Cowboy kicks (B) Pikes (A) Heel taps front or side (B) Skate board (I)	Can, Cans Stomp kick combos Rocking horse straight leg Heel Heel toe toe
Active hip rotators	Wide knees opening out (B) Fish Tail (B) Instep Touch (I) Butter flies suspended (B/I) Hip Circles-Hula (B) Hook Kicks (A) Leg Circles (I)	High knee in in out out Circles in sand Instep touch to touch behind
Active IT Band	Jumping Jacks (I)	Cross front and back Jack

	1 leg jacks (B)	Front to side lifts
	Pendulum(l)	Crab shuffle
	Side leaps (A)	
	Side Karate kick (A)	
	Hip swings out and in (B/l)	
	Crossover jacks	
	Hip shifts (B)	
Shoulders	Arms lift front/side/back	
	Shoulder circles	
	Upright rotator lift (petticoat lift)	
	External rotator open (flashers)	
Chest	Push and pull front to back	
	Hugs to open arms	
	Straight arm front claps open wide	
	Prayer arms elbows open and close hand together	
	Low squeeze (We are here to pump you up)	
	Breaststroke	
Upper back	Push and pull front to back	
	Hugs to open arms	
	Straight arm front claps open wide	
	Elbows in and out to behind waist arms wide	
	Make cleavage front and back	
Lower back	Hip circles	
	Belly button in and out	
	Pelvic tilts	
	Frankenstein straight leg walk lifting hips	
Mid back	Elbow to opposite knee	
	Twists no impact	
Biceps/Triceps	Arm curls along sides, out in front, out to side, parallel to water surface,	
	Thinker poses, body builder up and down poses	

Aquatic Kickboxing - C. H. Krafft

Warmup-

A. Jog forward and back 8 reps 4 times. Jacks for 16 and Cross Country for 16 2 times. Wide jog sideways 8 reps 4 times, rope skip in place 16.

B. Combined Active stretches, Full body moves and Rehearsal Moves

Do 16 alternating front leg kicks with a straight leg (no chamber) to explain the difference with the chamber and to warm up glutes

Practice front kick (kickboxing style) 16 times each leg to warm up calves and hamstrings.

Practice side kicks (kickboxing style) 16 times each leg to warm up It band and as a lateral opener instead of squats.

Practice Round house kicks 16 each side. Leg to warm up It band, quads, and as a lateral opener instead of squats.

Practice front kick right leg, back kick 8 times and switch to rehearse and to replace a lunge for hip flexor.

Practice inside and outside crescent kicks 8 each side for deep 6 rotator.

Upper body and low backs 16 of each

Pectoralis and Trapezius (Arms wide at surface of water, push and pull front back)

Rotator Cuff Internal and External (Elbows into waist, forearms parallel to surface, rotate in and out)

Rotator Cuff and Lower Trap (Done partially out of the water. Top of the arms parallel to the surface and to the sides of the body. Elbows at a 90° angle, Rotate up down.)

Low Back (With knees slightly bent, shoulders stay still, rotate the hips around in a slow circle several times, reverse direction.)

Routine

Traveling Kicks

Forward 16 alternating front kicks. Backward 16 alternating back kicks. Repeat 3x

Forward 16 jump front kicks on right . Backward 16 jump back kicks on right. Repeat on left.

Fast hook hook, upper upper for 1 min.

Sideways 16 jump side kick right, 16 left. Repeat 3x

Sideways 16 jump round house kick right, 16 left. Repeat 3x

Fast up block, up block, down block down block for 1 min.

Forward 16 jab cross kick switch sides to front of pool. Backward 16 Back elbow, back kick switch . Repeat 3 x

Sideways 16 Block jump side kick to right, 16 to left. Repeat 3x.

Fast feet with speed bag for 1 min.

Fast Feet fast right jab 32 turn 1/4 turn for 32, turn 1/4 turn for 32, turn 1/4 turn for 32, turn 1/4 switch and repeat on left.

Kung fu Front kick alternating sides forward for 16. Kung fu side kicks alternating backward for 16. Repeat 3x.

16 Crane kicks on right 16 crane kicks on left.

Jump rope for 1 min.

16 Side step down elbow down punch to right, 16 to left. Repeat 3x.

In place. 16 axe kick right 16 left.

In place back fist ridge hand right then left repeatin for 1 min.

1 legged tuck jump 16 forward on right 1 legged jump hamstring curl back on right. Switch to left and repeat.

Jump double kick out for 1 min.

Jab Cross Hook Upper right lead 1 min. Then left lead for 1 min.

Front Kick right, side kick left, back kick right, front kick left, side kick right back kick left. Repeat for 2 min.

Back Fist, Ridge hand , rear roundhouse traveling 16 to right, 16 to left, Repeat 3 times.

Figure 8 throw downs in place fast for 1 min.

Back elbow, back block right back elbow, back block left. Repeatin for 1 min.

16 jump front kicks right side, 16 jump side kicks right side, 16 jump back kicks right side, 16 jump round house right side, 16 jump axe kicks right side. Repeat on left.

Speed bag with fast feet. 8 forward 8 backward. Repeat 3x, 8 right 8 left, Repeat 3 times, 8 Turning right, 8 turning left. Repeat 3 times. Feet change to in-in-out-out. 30 seconds. Then heel-heel-toe-toe 30 seconds.

Elbow Elbow Jump Knee strike 1 min on right 1 min on left.

Fast front chamber kick out right side 1 min. left side 1 min.

Jumping Jacks with elbows by hips external rotator arms. 1 min

Tuck ski 16 travel right and 16 travel left. Repeat 3 times.

Mogul Mogul double kick out for 1 min.

Front kick right back kick left for 1 min.

Front kick left back kick right for 1 min.

Fast front punches in wide stance position for 1 min.

Pre Cool- Down with rocking horse and pendulum and traveling slower kicks and punches.

Cool-Down stretches-4 upper body static stretches and 2 lower back static stretches are added to the cool-down in addition to 5 lower body stretches (calf, quad, hamstring, deep 6 rotators, and IT band) and the heart rate recovery.

Calf (Runner Stretch heel on ground behind body pressed to floor)

Quad(Curl heel up behind and hold with knee pointing straight down or behind)

Hamstring (Straight leg out in front held up)

Deep 6 rotator (ankle cross on thigh of opposite leg—sit into it)

IT Band (legs crossed front knee bends and stick the hip of the back leg out to side)

Pectoralis (Hands on lower back, elbows folded back)

Trapezius (Arms forward at surface of water)

Rotator Cuff Internal (Elbows into waist, forearms parallel to surface, rotate outward)

Rotator Cuff and Lower Trap (Hands behind the head, head up, elbows back)

Low Back 1 (Hands on the quads, with knees slightly bent, shoulders stay still, head looking down, round the back up.)

Low Back 2 (Hands on the quads, knees bent, shoulders stay still arch the low back with the head up.)

—DEEP WATER— _MUSCLE TARGETS –C. KRAFFT

Warm Up—

A. Thermal warm-up – Bicycling, Cross- Country, Front and Back kicks, wide sideways run and Jacks - Sideways Forward and Backward for each for 15 sec each. B. Active stretches—20 sec each

Muscle group(s) Deep water exercise
Calf, Bicep/Triceps Point and Flex with bicycle with arm curls
Quad, Chest/Back Heel lifts with Wide arms Push Pull
Hamstring, Delts One leg skateboard with Cross Country Arms
IT Band, Medial Delts Jacks with Cross and Jack arms
Deep 6 Instep Touch or Butterfly
Rotator Cuff Hitchhikers opening out
C. Full Body Moves 30 seconds each
Tuck and shoot jacks
Tuck and Shoot CC
Straight Leg Kicks
D. Rehearsal moves – Cross Country Ski, Jumping Jack, Upright flutter narrow and wide, Hurdle and tuck sideways, Upright breast stroke, Octopus 15-20 seconds each.

Routine

Hamstrings—Each Exercise for 1 min.

Fast Heels Behind Double Heels Behind
Bicycle Forward Alt legs narrow no arms Office Chair Forward legs narrow/at same time
Bicycle Forward Alt legs wide no arms Office Chair Forward legs wide/at same time
Speed Walk Forward Propulsion Cross Country
Figure 8 straight legs Wide flutter flexed feet
Upright Breast stroke Forward

Quads—Each Exercise for 1 min.

Fast High Knee Jog Straight leg Pikes to front
Bicycle Backward Alt legs narrow no arms Office Chair Backward legs narrow/at same time
Bicycle Backward Alt legs wide no arms Office Chair Backward legs wide/at same time
Speed Walk Backward Propulsion Cross Country
Upright Dolphin Kick Narrow flutter pointed feet
Octopus Backward

Outer Thigh—Each Exercise for 1 min.

Fast Pulse out legs in Jack position Skate travel forward
Straight legs in front open hard go forward Straight legs in front pulse out hard
Right leg stomps out to side travel left Left leg stomps out to side travel right
Speed Walk wide forward Propulsion Jacks
Upright Dolphin Kick wide Wide flutter pointed feet

Outer Thigh—Each Exercise for 1 min.

Fast Pulse in legs in Jack position Soccer Kick travel backward
Straight legs in front close hard go backward Straight legs in front cross 3 times open out
Right leg hurdle and tuck side travel right Left leg hurdle and tuck side travel left
Upright Cross Jacks Propulsion Jacks
Upright Dolphin Kick narrow legs Narrow flutter pointed feet

Chest with Buoys—Each Exercise for 1 min.

Push ups with buoys and flutter kick Narrow Push ups with buoys and flutter kick
Pec Fly with buoys and flutter kick Octopus with buoys travel backward.

Back work with Buoys—Each Exercise for 1 min.

V sit with buoys Pulsing down along sides V sit with buoys Reaching under back
Jacks with Buoys squeezing behind Upright breast stroke travel backward.

Core work at end before cool-down

Cooldown

A. Slow down to allow heart rate to come down. Everyone goes to center and does this together. 30 sec each. Upright Breaststroke forward, Octopus backward, Upright side stroke both ways, double wide Russian, log rolls.

B. Static Stretches at wall 10 –15 sec each

Muscle group Deep water

Calf Toes low on wall, heels pointing down

Quad One Heel curled up behind with option to hold with hand

Hamstring One leg in front straight on wall. Hold on with hands to wall

IT Band Straight legs crossed in front on wall. Hold on with hands

Deep 6 Channel 4 (1 ankle on thigh of other leg) sit

Back/Post Delt Cross arms in front hold onto wall and pull back

Chest/Ant. delt Wide arms and open out with palms up



Aquatic & Fitness Professional Association - International

Dictionary of Aquatic Exercises

Anchored Aquatix

Basic Shallow

Deep Water

Aquatic Kickboxing

Aquatic Step

Aquatic Tai Chi

Pre/Post Natal

Senior/Arthritis

CORE Exercises

Anchored Aquatix

Circles in the Sand – Moving Backward, Step back on the right leg, circle the left leg from the front to the back, step on the left leg, circle the right leg from the front to the back

Charleston – Step right, kick the left leg front, step left, touch the right toe in back, repeat on other side.

Crab Walk – Feet opened wide, squat down with shoulders under the water, then scuttle.

Cross Country – Anchored on the left leg, move the right leg forward and back, repeat on other side.

Fish Tail Walk – Step on the right leg, left foot on the right knee, open the left knee to the side, and to the front, then step forward, repeat on other side.

Grapevine – Step side cross back, step side cross front

Hamstring Curls – Travel backwards, step on the right, curl the left leg behind. repeat on other side.

Heel Walk – Walk on your heels

Hopscotch – Star with legs apart, reach the left hand to the right ankle, step; repeat on other side.

Jacks – Anchored on the left leg, move the right leg out and in. repeat on other side.

Knee Extension – Bend the knee, straighten it as you step forward (do not lunge)

Lunge Walks – Forward and Backward. Shoulders drop under the surface on the lunge, then stand up tall.

Mule Kick – Balance on the left leg, swing the right knee up, then extend it to the back near the floor. repeat on other side.

Punch Kick – Balance on the left leg, bend the right knee, punch the leg to the floor in front, bend the right knee, punch the leg to the floor in back. Repeat on other side.

Rocking Horse – Step lift the right knee to the front, step curl the left leg behind

Side Together – Step to the side with stiff, straight legs then step together

Skateboard – Anchored on the right leg, sweep the floor with the left foot a number of times as if riding a skateboard. repeat on other side.

Soldiers March – Lift the leg straight up and down as you travel

Step Kick - Step then do a flit kick, kicking out from the knee

Step Touch – Step right leg front, touch the left toe to the side. repeat on other side.

Square Dance – Hand over hand, Do-Se-Do

Squats – Sideways. Shoulders drop under the surface, then stand up tall

Toe Walk – Walk on your toes

Triplet – Two steps up on your toes, one lunge. Repeat.

Walk Backward – Arms do a crawl stroke forward or a breast stroke/pull

Basic Shallow Water

ALTERNATING HEEL LIFT - alternate the heel, lifting up towards the gluteus

BACK LEG KICKS - alternating leg kicks towards the back of the body; keeping the leg low, and squeezing the gluteus. Variations: back corner; back leg angled

BUNNY HOPS - feet together; small hops.

CAN-CAN hop on one leg, pump the other knee up and down, then do a straight leg kick out and down.

COWBOY KICK - knees point out, (side knee positions) bend one knee up and kick it out, then the other leg.

CROSS-COUNTRY SKI (SCISSORS) - alternating leg lunges front and back. (“Nordic track”)

CROSSOVERS (SCISSOR JACKS) - do a jumping jack and cross one foot in front of the other when the legs come together.

DOLPHIN KICK - buoyant, level three; knees bent to 90 degrees, kick the legs out to an extension, and curl back. Propels backward.

DOUBLE HEEL LIFT - with both knees pointing to the floor, pull them up towards the glutes. (Sitting Cuff Taps)

DOUBLE KNEE LIFT - with feet wide apart, pull the knees up and down.

DOUBLE RUSSIAN KICK - with shoulder submerged, tap feet on the floor of the pool then kick both feet to a V. (Cossack Kick)

FISH TAIL - hop on the right leg, left foot in on the right knee, fan the bent knee in and out.

FREE THROW - jump and lift both legs to the front at the same time. (Free throw) push hands from shoulder, as if throwing a ball. Do not throw hands overhead.

FROG -begin feet together, jump up and pull the knees open, return with the feet together.

FRONT LEG KICK - alternate straight leg kicks towards the surface.

FRONT RUSSIAN KICK - front kick from the knee with shoulders submerged

GALLOP - legs in a lunge position, move forward; legs in a straddle position, move sideways.

HELICOPTER - feet together, jump and spin in a circle; land on both feet.

HITCH KICK -two kicks front, (right-left), two kicks back (right left)

HOP KICK –hop on the left, kick the right leg; hop on the right, kick the left leg.

HOP SCOTCH – front: legs in a wide knee position, alternate lifting the heel front and touching it with the opposite hand.

Back: kick the heel up in back, reach with the opposite hand

JACK-N-TUCK –jumping jack legs apart, pull the knees up together in a tuck.

JACK JUMPS –jumping jack legs apart, squeeze legs together, legs straight while shooting up out of the water.

JUMPING JACKS –jump feet together, jump feet apart. Variations: Heel Jacks – tap one heel out to the side; then the other. Front & Side Jacks – feet together, hop front, hop back; jump out, jump in.

KANGAROO (Broad Jump) – hop forward as you tuck the knees up, circle forward, land.

KARATE KICK –bend leg, to the side and up towards the surface, kick the leg out and in.

LEAPING LENNY – bend one knee out to the side, leap side, the other leg trails then exchanges places with the first leg. (1/2 pendulum, leap)

LEG CIRCLES – hopping on the right leg, circle the left leg from back to front or front to back, and switch (hop, two, three, switch)

LEG EXTENSIONS AND CURLS – hop on one leg, the other leg extends out front, and curls under from the knee; the thigh is steady.

LEG SWING –hop on the right leg as you swing the straight left leg forward and back from the hip. Switch sides. Modified: execute the same movement with a bent knee. Variation: bend kick front, bend kick back while hopping on the opposite leg.

LUCKY CHARM –jumping the legs out, and simultaneously lift one heel front and the other heel back with the knees open.

MOGULS –feet together, hop from side to side.

MOGUL TUCK – perform a mogul, pull the knees into a tuck between each hop.

MULE KICK – swing bent knee up, press the same leg straight in back. Variation: Rocking Chair – bend front leg up, press the opposite leg back

ONE LEG JUMPING JACK – perform a jumping jack with one foot remaining in contact with the floor, and the other leg abducting out to the side.

ONE LEG TUCK-pull both knees up to a tuck position, land on one leg only.

OUTSIDE FROGS-jump and touch the outside of both ankles.

OVER THE BARREL-from a wide knee running position, travel lateral.

PENDULUM-rock from right to left with feet apart.

POWER FROG-with arms straight in the air, pull the elbows down to meet the knees while coming up in a wide position.

POWER JACKS-tuck, land feet together, tuck, land feet apart.

PRANCE-with feet together and knees relaxed, roll up through the right and left feet alternating.

ROCKING HORSE-rocking from the front foot to the back foot, performed with straight legs, knee front/straight back, knee front/curl back.

RUSSIAN KICK-V kick, alternating right and left kick from knee, with shoulder submerged

SCISSOR KICKS-short, choppy, low straight leg kicks

SCISSOR JUMP- perform a cross country ski, (right leg front; rebound) scissor the legs before landing right leg front again.

SINGLE HEEL LIFT-hop on one leg, the other knee points to the floor, pull the heel up and down towards the gluteals.

SKIPPING-hop step, hop step, hop step,

SKIP ROPE – with feet together, hop circling wrists by waist.

SPLIT JUMP – feet together, jump up, throw the right leg front and the left leg back. Bring feet back together land.

STRADDLE JUMP– feet together, jump up, throw the legs out to the sides. Bring feet back together land.

TEXAS FROG – when doing a jumping jack, as your feet come in, pull the bottom of the feet together under the buttocks, land with feet apart.

TOE TAPS - with feet together and knees bent, tap the toes on the floor of the pool.

TUCK – pull both knees up, touch the knee caps with hands, land on both feet.

TUCK CROSS-COUNTRY – pull both knees up to a tuck, land in a cross-country ski position; repeat.

V KICKS – straight leg kick toward the surface on the diagonal

WIDE KNEE RUNNING (TIRE PUMPS) - With legs apart, pump the knees up and down as in running.

Deep Water

ABDUCTOR PULSE - Legs are pressed apart in a straddle, pulse in this position.

BICYCLE - Legs parallel, rotate the legs forward and backward as if riding a bicycle.

CROSS COUNTRY SKI – Alternately split the legs front and back as in cross country skiing.

DOLPHIN KICK - Suspended in a sitting position, kick both legs out and under from the knee, upper body rocks.

DOUBLE HEEL LIFTS - Suspended vertical, keeping the legs parallel pull both heels up towards the gluteus and thrust both legs down toward the pool bottom. Repeat.

DOUBLE RUSSIAN - Suspended in a wide knee sitting position, kick both the legs out and under from the knee.

EGG BEATERS - Wide knee position, rotate both legs as drawing circles with the legs. Rotate the legs outward, and inward, and alternate. Try to keep the knees open and stationary.

FIGURE 8 - Begin with legs parallel, rotate the hips so the toes pass by each other, then rotate the hips so the toes pull away from each other.

FRONT HOPSCOTCH - Wide knee position, reach and touch the ankle with the opposite hand, in front of the body.

FRONT RUSSIAN (SIT KICK) - Suspended in a sitting position, alternately kick the leg to the front from the knee. May travel forward or backward, be sure NOT to bicycle.

HEEL LIFTS (alternating & single) - Suspended vertical, keeping the legs parallel pull the right heel up towards the gluteus and return it down, then pull the left heel up towards the gluteus and return it. Continue to alternate. Keep the knees pointed toward the pool bottom, as if running on your knees.

Single heel lifts are performed the same way, only repeating one leg numerous times before switching to the opposite leg.

HEEL TAPS (ADDUCTOR PULSE) - Legs straight, heels together and feet turned out, tap the heels.

HIGH KNEE JOG - Alternate the knees up and down in a jog, shoulders up, gluteus down. The legs and feet thrust towards the pool floor.

HURDLE -N-TUCK - Perform a hurdle position, one leg out to the side, the opposite knee bent, then pull both knees in to a tuck. May be repeated on one side to travel, or alternated while staying in place.

JACKS - Jumping jacks. Both arms and legs press out and pull in at the same time. May be performed with the legs pressing out while the arms pull in.

JACK -N- TUCK - Perform a jumping jack, legs apart, then hug the knees as they pull in to a tuck.

JOG (CIRCLE ARMS IN) - While jogging, circle arms in toward the
(CIRCLE ARMS OUT) - body, as in a rowing motion; circle the arms out away from the body as in a breast stroke motion.

JOG CUFF TOUCH - While jogging, reach down on the outside of the leg to touch the ankle.

LUCKY CHARM - Lift one heel front and the other heel back, keeping the knees open wide, then throw the legs down to a “jack” position. Repeat alternating the front foot.

OCTOPUS - Perform a jumping jack; to travel backward the arms circle around into the body as in a rowing motion, the legs follow the arms. To travel forward, the arms circle around away from the body as in a breast stroke motion, the legs follow the arms.

OVER THE BARREL - Wide knee running position, travel sideways. Make sure the knees are pumping up and down; it is not a side stroke.

POWER WALK - Similar to a speed walk, but the hands turn in a wide paddle like position.

RUN - Similar to a jog but performed at greater speed. Knees pump up, and the legs thrust toward the pool floor.

SCISSORS - Cross one leg on top of the other, quickly change the feet front to back, keeping the thighs in contact.

3 SCISSORS - 1 PUSH - Perform scissors, crossing 3x, then push the legs apart in a straddle.

SEATED FLUTTER - In a seated position ("L" sit) back erect, legs straight out in front of body, flutter kick.

SIDE BICYCLE - Perform the bicycle while lying on your side.

(SIDE) RUSSIAN - Suspended in a wide knee sitting position, alternately kick the leg to the side from the knee.

SINGLE KNEE LIFT - Legs parallel and straight, pull one knee up and down, repeat; reverse to the opposite leg.

SPEED WALK - Suspended in a vertical position, legs straight and tight; walk quickly moving the legs no further than heel to toe. In vision putting both legs into one pant leg and walking. The hands slice through the water.

SPLIT KICKS - Split the legs, right leg front and left leg back, bring legs together, repeat three more times, then switch so the left leg is front and right leg is back.

STANDING LEG FLUTTER(breaststroke/rowing) - Suspended vertical, legs straight towards the pool floor, flutter kick. Traveling forward perform a breast stroke, traveling backward perform a rowing motion with the arms, keeping the arms in the water continuously.

TOE TAPS - Legs rotated in, knees relaxed, toes touching and tap them together.

TOE TOUCHES - A straight leg kick. Reach one leg up towards the surface, reaching for the toe, as the opposite leg reaches down toward the pool floor.

TURN AND TOUCH -Suspended in a vertical position, turn to the right side and touch the elbow to the knee, then turn to the left side and touch the elbow to the knee. Repeat.

TWIST - Straight legs, or in a tuck position, twist from side to side.

V-KICK - A straight leg kick on the diagonal, drawing a "V" shape in the water. Reach one leg up towards the surface on the diagonal, as the opposite leg reaches down toward the pool floor.

WATER WALK - NO ARMS - Perform a walking motion, (right, left, right, left) with the hands above the water's surface.

WIDE KNEE RUNNING (TIRE PUMPS) - With legs apart, pump the knees up and down as in running.

Aquatic Kickboxing

Upper Body Boxing

Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward at shoulder level, the fist rotates 90°, and the arm recoils to ready position.

Upper Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward angled upward 10°, the fist rotates 90°, and the arm recoils to ready position.

Double Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward angled upward 10°, the fist rotates 90°, two punches are delivered, and the arm recoils to ready position.

Feint Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward angled upward 10°, the fist rotates 90°, a small fake, delivery of the final punch, and the arm recoils to ready position.

Cross or Power- Off the rear foot. A rotation and drive from the back foot, a rotation of the back hip and shoulder forward, rear arm extends, arm drives straight forward shoulder level, the fist rotates 90°, and the arm and body recoil to ready position.

Hook-Off of the front foot. Front arm folds out to the front to an approximate 90° angle. As the elbow lifts out to be parallel to the ground, the entire body pivots. The fist and forearm drive across and the elbow comes back into the side and the body returns to the ready position. Off of the back foot. Rear arm folds out to the front to an approximate 90° angle. As the elbow lifts out to be parallel to the ground, the entire body pivots. The fist and forearm drive across and the elbow comes back into the side and the body returns to the ready position*** Do not have the elbow go behind the body and open the shoulder. If you impacted a solid object in that position you could tear muscles in the front part of the shoulder.

Upper Cut- Off of the back foot. Rear arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the rear foot up and through. The fist and forearm drive upward to about ab or chest level and the elbow comes back into the side and the body returns to the ready position. Off of the front foot. Front arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the front foot up and through. The fist and forearm drive upward to about ab or chest level and the elbow comes back into the side and the body returns to the ready position.

High Upper Cut- Off of the back foot. Rear arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the rear foot up and through. The fist and forearm drive upward to about chin or head level and the elbow comes back into the side and the body returns to the ready position. Front arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the front foot up and through. The fist and forearm drive upward to about chin or head level and the elbow comes back into the side and the body returns to the ready position.

Speed Bag- In a front stance, fists circle in fast tight circles with forearms parallel to the ground. For singles each arm, the arms stay out the body stays facing forward. For multiples on each arm, the non-punching arm is at the side in a protective position and the lead shoulder is forward.

Jump Rope- Feet together with the elbows in and the forearms out parallel to the ground circle the wrists. Do every arm variation you can imagine that you would do with a real jump rope. Doubles, fast, side to side, backwards....

Upper Body Martial Arts

Front Punch- From a front stance, either arm drives forward with a 90° rotation of the fist. It recoils and returns to ready.

Double Front- From a front stance, either arm drives forward with a 90° rotation of the fist. First with two full punches. It recoils and returns to ready.

Feint Front- From a front stance, either arm drives forward with a 90° rotation of the fist. First with a small fake and then a full punch. It recoils and returns to ready.

Back Fist- Off the front foot. A slight rotation of the front shoulder inward. While bringing the front elbow up, even with the shoulder. Forward arm extends, forearm sweeps across at shoulder level, the fist rotates 90, and the arm recoils to ready position.

Ridge Hand- Off the rear foot. A rotation and drive from the back foot, a rotation of the back hip and shoulder forward, rear arm extends from the armpit, arm sweeps across at shoulder level, the hand is open palm and thumb down, and the arm and body recoil to ready position.

Elbow Strike Front- Off the front foot. A rotation of the front shoulder inward. Elbow lifts forward and out, forearm stays bent in, but sweeps across at shoulder level, and the arm recoils to ready position.

Elbow Strike Back- Off the rear foot. A rotation and drive from the back foot, a rotation of the back hip and shoulder forward, rear arm extends, the elbow lifts, the forearm stays bent in, the arm sweeps across at shoulder level, and the arm and body recoil to ready position.

Elbow Strike Down- Off the front foot. The forearm rotates up perpendicular to the ground. The elbow is pulled straight down with a contraction of the abs and a bending of the knees. The arm and body recoil to ready position.

Upper Block – The forearm rotates up perpendicular to the ground. The arm opens out with an outward rotation of the forearm. The arm and body recoil to ready position.

Down Block – The forearm sweeps down and out with an inward rotation of the shoulder. The arm and body recoil to ready position.

Lower Body Boxing

Shuffle Side to Side – In any stance, stepping, rocking, or hopping side to side.

Shuffle Front to Back – In either a right or left leg lead stepping, rocking, or hopping forward and backward.

Bob and Weave – In any stance, stepping, rocking, or hopping side to side with a lowering and lifting of the upper body.

Jump rope - Feet together with the elbows in and the forearms out parallel to the ground circle the wrists. Do every foot variation you can imagine that you would do with a real jump rope. Doubles, fast, one leg, jog, jack, cross-country,...

Lower Body Kickboxing

Front Kick- The rear leg comes forward and the knee bends and comes up. The leg extends to the front with a perpendicular flexed foot. The hips curl under as the leg is extended. Leg returns to ready position.

Double Front- The rear leg comes forward and the knee bends and comes up. The leg extends to the front with a perpendicular flexed foot. The hips curl under as the leg is extended. First a small low fake and then a full high kick. Leg returns to ready position.

Side Kick- The rear leg steps in and to the front of the front foot. The front leg lifts up sliding the foot up the supporting leg, the knee turns out, and with the knee bent and the thigh parallel to the ground, the leg drives forward with a parallel flexed foot. Leg returns to ready position.

Double Side-- The rear leg steps in and to the front of the front foot. The front leg lifts up with the knee bent and the leg parallel to the ground. The leg drives forward with a parallel flexed foot. First a small low fake and then a full high kick Leg returns to ready position.

Back Kick- Head turns to look over the shoulder of the rear leg. The front leg steps back to the back of the rear leg. The rear leg lifts up with the knee bent and the thigh parallel to the ground. The leg drives backward with a parallel flexed foot. Leg returns to ready position.

Inside Crescent- Front leg pivots out to 45° to 90°. Front shoulder rotation from in to out precedes the leg motion, back knee comes up, outward, with the foot turned out. As the leg sweeps across the front, the leg extends as the foot turns from out and the knee sweeping toward the target, striking the target. Leg returns to ready position.

Outside Crescent- Back leg steps behind. Back shoulder rotation precedes the knee rotation. Front knee comes up, forward, with the foot turned in. As the knee sweeps across the front and it aligns to the target, after which the leg extends and the foot turns from in to out. Leg returns to ready position.

Front Roundhouse- Off the front foot. The back knee bends and the upper body leans back with a shoulder and hip turn. The front leg lifts up with the knee bent and the leg parallel to the ground. The leg sweeps across the front with a parallel pointed foot. Leg returns to ready position.

Rear Roundhouse- Off the rear foot. The front foot pivots. The rear leg lifts up with the knee bent and the leg parallel to the ground and the upper body leans back with a shoulder and hip turn. The leg sweeps across the front with a parallel pointed foot. Leg returns to ready position.

Hook Kick- Off the front foot. The back knee bends. The front leg lifts up sliding up the supporting leg and forward with the knee bent and the leg parallel to the ground. The leg extends and pulls backward across the front. Leg returns to ready position. Cue: slamming the door behind you with groceries in your arms. This is like a side kick, but with a sweeping backward of the heel during the latter part of the kick.

Axe Kick- The front leg comes up and the knee bends. The leg extends to the front with a perpendicular flexed foot. The hips curl under as the leg is extended. The straight leg drives down toward the ground. Leg returns to ready position.

Jump Front- Off the front leg. The rear leg comes up and in while jumping upward driving that knee to alignment with the target. The front leg then executes a front kick while in the air using the recoil of the driving knee.

Jump Roundhouse- Off the front leg. The rear leg comes up and in while jumping upward. The front leg then executes a roundhouse kick while in the air.

Knee Strike- Knee comes up forward and hard. Leg returns to ready position.

Both Side- Jumping up. Knees come up with feet under. Both legs extend out with flexed feet. Leg returns to ready position.

Balance and Form –

Knee Raises – Standing upright in proper alignment. With the supporting leg knee bent. Lift and lower one knee. Foot flexed, Repeat lifting to the ball of the foot of the supporting leg. Repeat turning the leg that is lifting either in or out, but still in front of the body, the hips must lift.

Muscular Balance Compensating Exercises-

External Rotator Cuff- Standing in alignment with the elbows by the waist, hands together in front parallel to the surface of the water, leading with the back of the hands rotate our hand. Open the elbow out and slice the hands forward back to the starting position.

AQUATIC STEP

LEVEL ONE	LEVEL TWO	LEVEL THREE
Tap back		
Lunge back	Lunge back, hop on top	Hop, lunge back, hop on top
High leg kicks front	Swing kick	
Leg circles		
Skate board		
Hamstring curl		
Step up, step down (Basic)	Jog up, jog down	Hop up, Hop down
T-step	T-step	zigzag
Step tap	Rocking horse	
Side squat		
Repeater	Repeater knee 3x, hop change	
	Alternating lunges side	
Step, tap ankle		
	Side abductions	
	Over the top Across the length	Moguls with tap Mogul: with tuck Mogul: with turns Mogul: buoyant, over the top
		Lunge with tuck Lunge with 1/4 turn Lunge with 1/2 turn Lunge with full turn
	Double lunge - wide	Double lunge - with leg closure Double lunge - with tuck Double lunge - with turn Double lunge - with tuck & turn
Straddle Basic	Straddle Jog	Jumping Jacks One-leg Jumping Jacks (2) Jacks - 1/4 turn Jacks - 1/2 turn Jacks - full turn Jack -n-tuck Tuck Jack - from the top Tuck Jack - from the bottom Double tuck jack – combination of both Tuck Jack - with turns Jump Jacks buoyant over step
Cross Country Ski	Cross Country Ski Position:	Cross country ski position: -

Position: - hop low	- hop medium; straighten knee cap	hop high; (propulsion) click toe to heel
	Cross Country Ski - low	- medium - high Cross Country buoyant over step

Aquatic Tai Chi

Movement:

1. feet wide apart, sway side to side; shift weight into each leg
pause on the right side, shift and turn leaning back into the bent knee.
2. parallel, feet wide apart; cross wrists at midline inhale. Move the arms from in front, to overhead, then open arms out to the side. As the arms open out to the side, exhale and sink into a squat.
3. feet wide apart, legs and feet turned out; repeat the same arms (#2) As the arms come down to the side, sink into only one leg, shift to center, come up.

Posture:

1. woo chi
feet parallel, under the shoulders. Bend the knees, cross wrists in front of chest, then open arms to "hug a tree"
2. ti stance
like a hamstring stretch, one leg in front, back leg is bent. Weight is in the back leg (yang) no weight in the front leg (yin) Arms "hug a tree".
3. bow stance
lunge right leg forward, rear foot is flat. "sit" in a chair. Arms "hug a tree".
Leave the right arm in place (hugging) brush the left arm down, then pull it up to touch the right hand.

Solo Exercises

1. heels together, feet slightly turned out; bend the knees. Then, sink into the right leg as you extend the left leg out to the side. Shift your weight to the left leg, then shift your weight to the center (woo chi position) then straighten the legs.
2. Inhale as straight arms rise up in front, then pull the elbows back. Palms down, exhale and press the hands and arms down.
3. Shift the weight to the left leg, ti stance, shift weight forward to the bow stance. Roll back to shift weight, circling the arms.

4. Roll back and push - lunge position, roll forward and back. Roll the hands as a wave of water. Add a leg lift.
5. Embracing the Moon - legs apart. Hold a moon in between hands, elbows dropped, sway back and forth. Add a leg lift.
6. Wave Hands Like Clouds - legs apart. Circle the hand (wax off), keep eyes on hand. Add movement: step side together, side together, side together.
7. Circling Arms - Sweep arms alternately into the chest as you step side together.
8. Kick side with Circling Arms - legs parallel; Sweep arms from together and low, then out to the side, as you step forward and kick low to the side.
9. Scoop both arms under and up, alternate kick, pivot - in the lunge position, up on the balls of the feet. Bend the knees as you scoop the arms down and up; pivot.
10. Parting the Wild Horses Mane - lunge position, cradle a baby on the side, slide the hands over each other as you walk in the lunge position.
11. Figure 8 with Pendulum Legs - legs apart; working leg sweeps in a figure 8, then steps to the side. Reverse with the other leg.
12. Circles in the Sand - lunge position; sweep the back leg around to the side, to step front. Repeat. Reverse; sweep the front leg around the side to step back. Repeat.

Pre/Post Natal

EXERCISE	PURPOSE
<u>PELVIC TILT</u> Back against the wall, rotate pelvis so the back comes in contact with the wall	Strengthen abs; relieve strain on the back
<u>BELL</u> Hanging on a noodle, feet together, knees open - swing legs side to side. Use obliques to pull hip toward shoulder	Strengthen the obliques
<u>ALTERNATE KNEE LIFTS</u> Deep water, hanging on a noodle; start with pelvic tilt, alternate the knee lift	Stabilize the back and strengthen the lower ab area

<u>HIP ROLLS (the Agitator)</u> Floating supine, start with pelvic tilt, knees together, drop the knees side to side.	To increase flexibility in hips and stretch the back
<u>CHANNEL 4</u> Sitting, cross one ankle over the other, bring bottom knee toward chest.	Stretch buttock, deep 6 and hips.
<u>FROG</u> Sitting, pull soles of feet together as knees open.	Hip joints, abs, inner thighs.
<u>SIDE BENDS</u> Shallow water, stand chest deep. Bend as far as possible to one side then the other.	Stretch and relieve strain.

<u>BUTTERFLY</u> Sit, split legs apart, rotate legs to the back, bend knees and pull them through. Repeat.	Abs and hip rotation
<u>REVERSE CURL ON THE WALL</u> Float on stomach, grasp pool edge - one hand higher than the other. Do pelvic tilt, pull knees toward chest, then return.	Strengthen abs and back
<u>LEG CIRCLES</u> Stand next to pool edge, swing one leg to the front, then 1/2 circle the back. Repeat.	Strengthens and tones lower abs & legs.
<u>SCISSORS</u> Hang on a noodle, perform Jumping Jacks with the legs. Use different degrees of angles, up to 45°.	Abs, abductor/adductors.

Senior/Arthritis

Stationary (at the wall)	Perform while doing water-walking moves.	On a noodle
<p>Stand sideways at the wall; hold the edge of the pool for balance.</p> <p><u>Hip flexion/extension:</u> lift the leg slowly to the front. Keep the back erect; do not slump. Lower the leg to starting position.</p> <p><u>Gluteal strengthening:</u> squeeze buttocks tightly together. Hold for 5 seconds. Relax, repeat.</p> <p>Stand with back to the pool wall, knees relaxed.</p> <p><u>Hip internal/external rotation:</u> Tap the toe out and in, pivoting on the heel. Motions should take place in the hip.</p> <p>Stand sideways.</p> <p><u>Internal/external rotation:</u> (fishtail)</p> <p>Lift one knee up; rotate the knee out the side, then return to midline.</p> <p>Stand sideways.</p> <p><u>Hip abduction/adduction:</u> Abduct the right leg to the side, and then pull it in toward the wall, crossing the midline.</p> <p>CAUTION: if a participant has had a hip replacement, they should not cross the midline.</p> <p><u>Hip rotation:</u> Leg circles. abduct one leg to the side, then make inward circles with the leg; reverse and</p>	<p><u>Arm abduction/adduction</u> (jumping jack arms)</p> <p><u>Arm abduction/adduction and internal rotation:</u> cross arms in front of the body, and in back of the body.</p> <p><u>Pinch shoulder blades together,</u> then round the back by rolling the shoulders forward.</p> <p><u>Shoulder shrug.</u> Shrug both shoulders; shrug one at a time.</p> <p><u>Elbow flexion/extension</u> (bend the elbow, try to touch the thumbs to the shoulders. Keep elbows close to the side of the body)</p> <p>REPEAT this exercise touching the fingertips to the shoulders. Palms face down when lowering the hands. Advanced variation - touch the fingertips to the shoulders and lift the elbows up higher.</p> <p><u>Elbow flexion/extension:</u> place the hands together, bending both elbows until the hands touch the right shoulder. Slice the hands down to touch the outside of the left thigh. Reverse; repeat.</p> <p><u>Scapular retraction:</u> raise both arms in front of the</p>	<p><u>Hip abduction/adduction</u> (jumping jack legs)</p> <p><u>Hip and knee flexion/extension:</u> "bicycle"; pedal the legs.</p> <p><u>Hip flexion/extension:</u> Front leg lifts and cross country ski.</p> <p><u>Hip and knee flexion/extension:</u> March, lifting one knee up then the other.</p>

<p>make outward circles with the leg.</p> <p>Stand with back to the pool wall.</p> <p><u>Ankle dorsiflexion/plantar flexion, ankle inversion/eversion:</u> point and flex the foot; circle the ankle; turn sole of the foot inward then outward.</p> <p><u>Ankle dorsiflexion/plantar flexion:</u> Calf raises. Rise up on balls of feet, lower then roll back onto the heels while lifting up the toes.</p> <p>Stationary - continued</p> <p>Combined arm movements - stationary.</p> <ol style="list-style-type: none"> 1. With straight arms, clap the hands together in front, then in back. 2. Clap the hands together in front, then raise them straight up, Then lower the arms slowly and clap them behind the back. 3. Raise the arms to the side, then 	<p>body. Bend the elbows sliding them back and behind the body, pinching the shoulder blades together. Keep the bent arm parallel.</p> <p><u>Shoulder circumduction (rotation):</u> raise both arms in front of the body - palms up. Push the arms out to the side, palms back and thumbs down. Lower the arms. Repeat.</p> <p><u>Shoulder circumduction:</u> make circles with the shoulders, forward and backward. Arms are at the sides.</p> <p><u>Supination/pronation:</u> Turn the palm toward the ceiling; then turn them down to face the bottom of the pool. Keep elbows near waist.</p> <p><u>Finger flexion/extension:</u> Curl the fingers in to make a loose fist, then straighten them out.</p> <p>With water walking moves - continued</p> <p><u>Finger flexion/extension:</u> Bend and straighten the fingers in both hands to imitate a cat's clawing motion.</p>	
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<p>up overhead, touching the palms together. Lower the arms.</p> <p>4. Clap the hands together, low in front, fingertips towards the pool floor. Keep the palms together, and raise the arms overhead; keep the palms together as you lower the arms to starting position.</p> <p>5. Raise both arms overhead. Slowly move both arms side to side while they are overhead. Trunk does not move.</p> <p>6. Clasp the hands together in front of the body. Slowly turn the trunk to the right using the hands to direct the turning motion. Moving upper body only, do not move the hips, pelvis or feet.</p> <p><u>Pull your dress zipper.</u></p> <p>Reach one hand up and over to the "top of the dress zipper".</p> <p>Reach one hand at the base of the spine to the "bottom of the dress zipper".</p>	<p><u>Finger flexion/extension:</u> Bend each finger as though playing a piano.</p> <p><u>Thumb opposition:</u> Touch the tip of the left thumb to the tips of the other fingers, one at a time, to form a round letter O.</p> <p><u>Thumb flexion/adduction:</u> Touch the left thumb to the base of each finger in the left hand. Repeat with the right hand. Perform both at the same time.</p> <p><u>Thumb circumduction:</u> Move the thumb in a large circle, in each direction.</p> <p><u>Wrist flexion/extension:</u> bend both wrists backward and forwards.</p> <p><u>Wrist extension:</u> Praying hands palms together. Lift the elbows up and rotate the heel of the hands toward chest. Keep heels of hands together.</p> <p><u>Wrist extension/flexion:</u> Praying hands, lace the fingers. Press the left hand gently forward with the right hand. Reverse.</p> <p><u>Combined arm motions:</u></p> <p>Breast stroke Crawl stroke</p>	
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CORE Exercises and Pilates like Moves

by Lennie Stewart and Cindy Holcomb

On Back

Bicycle Touching Ankles (Criss Cross) – Bring ankle up to opposite hand with the knee turned out while lying on back

Toes to one Side up and Over (Heel Lifts) – Knees are bent and pointing to the roof. Feet are together but slightly to one side of the rear end. Extend the legs to the ceiling and then bend the knees bring the feet down to the other side of the rear end.

Toes out Heels Together pulse together (Heel Beats) – Lying out flat on back with the legs tight together and the toes turned out to the side, pulse the heels together.

Pike

Slow Pikes to Sitting Toes at Surface (V Sits)– In a V or pike position facing up, the toes are just out of the water and the legs are straight and together. Drop the rear end down and bring the thighs towards the abs keeping the toes out of the water.

Pikes to Sitting Feet Stacked one on top of another (Oil Pike)- Variation of above with one foot stacked on top of the other and the whole top foot is out of the water.

Pulse Arms Down (The 100) – Hold the V and the arms are along the surface of the water, pulse the hand down with straight arms.

Shoot through to Back and Roll Over (Roll like a Ball) - From pike, bend the knees bring them into the chest, roll on to your stomach and extend the legs out behind, spin on side over to pike position.

Wide V Pike (V leg lift) - In a V or pike position facing up, the toes are just out of the water and the legs are straight and wide. Drop the rear end down and bring the thighs towards the abs keeping the toes out of the water.

Wide V Shoot through Roll Over (Variation of V and roll like ball)- From pike with wide legs, bring the legs together, bend the knees bring them into the chest, roll on to your stomach and extend the legs out behind, spin on side over to pike position opening the legs wide

On abs

Toes out Heels Together pulse together (Heel Beats) – Lying out flat on stomach with the legs tight together and the toes turned out to the side, pulse the heels together

Pushups – Face down with the legs tight and together, with noodle or buoys, keep abs tight and back straight, extend arms down to bottom of pool and bring up with elbows to roof

Pushups one foot Stacked - Face down with the legs tight and one foot stacked on other, with noodle or buoys, keep abs tight and back straight, extend arms down to bottom of pool then bring up with elbows to roof.

Flys (With Buoys or Dumbbells)- Face down with the legs tight and together, with noodle or buoys, keep abs tight and back straight, extend arms down to bottom of pool and squeeze in then bring up with elbows to roof

Tuck and Shoot to Back – Staying face down in push up position. Tuck the knees in then extend back out.

Rolls to Kneeling

Kneeling Curl (Bent Knee Lift)– Upright position with knees bent in a knee. Roll legs in to sitting position keeping the hips in one spot. Un roll to kneeling

Bell (Diamond Pendulum)– Upright position, feet together and knees wide. Rock legs to one side then the other swinging directly underneath the body.

Butterfly (Diamond Crunch)– Starting in bell position fold knees into kneeling position. Roll legs in to sitting position keeping the hips in one spot. Open knees, roll back to bell position.

Pendulum – Upright position with the legs straight and wide. Rock legs to one side then the other swinging directly underneath the body.

Kneeling Shoot to one Side Only – Start in the kneeling position. Extend the leg to one side. Return to knee repeat on same side.

Shoot Side to Side - Start in the kneeling position. Extend the legs to one side. Return to knee repeat on alternate side.

Straight Legs Together Swing Side to Side - Upright position with the legs straight and tight. Rock legs to one side then the other swinging directly underneath the body.

Pike Tuck Shoot – Upright position with the noodle held in front. Drag the leg up straight to noodle, tuck them in and shoot down. Hips in one spot.

Table Position (Pike with knees bent so knees and toes are at the surface of the water.

Small Alternating Kicks – In Table alternate extend one leg up to roof

Position both lift – In Table position extend both legs up to roof

Position Bicycle Touching Ankles – Bring ankle up to opposite hand with the knee turned out while lying in table position

Pulse Arms Down (100) - Hold the Table and the arms are along the surface of the water, pulse the hand down with straight arms.

Standing (Beginner or Intermediate) or On Side (Advanced -Laying out on side with the hips stacked one on top of the other)

Outer Thigh Lift – Lift top/one leg up and release

Top leg up Inner Thigh Lift (On side only)– Let lower leg drop toward bottom of pool and return.

Top leg Swing – Swing top/one leg forward and back

Scissor (On side only) – Swing legs opposite directions

Low Hamstring Curl – Top leg at surface of water or one leg beside other standing, curl hamstring in and out

High Hamstring Curl - Top leg out of water or one leg high to side in standing position, curl hamstring in and out

Circles Forward - Top/one leg starts to circle forward and up and completes circling that direction

Circles Backward – Top/one leg starts to circle backward and up and completes circling that direction

One Leg Circles Combo – Top/one leg circles once forward and once backward.

Both Legs Circle Together (On side only) – Either forward or backward.

Standing

Leg Swing forward and back while straight

Leg Starts Crossed over other leg and lifts out
Hamstring Curl Behind
Front lift Only
Back Lift Only
Half Circles

**Straddle Noodle or put Buoys between legs (More Advanced No Flotation Use Arms with
Scul to Suspend**

Arms out Circles
Arms out Turn up down
Squeeze Together Palm facing
Together in Front Turn up down
In Front Small Alternating Lifts