

## AQUAFIT

Water is a gentle, but effective medium for both cardio and resistance training.

Below are some sample water-based exercises you can do to work out while significantly decreasing discomfort. Try to complete each exercise for 2-5 minutes.

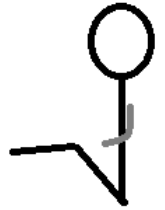
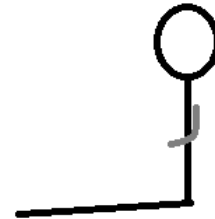
### Cross-Country – targets arms and legs

- Start with your feet on the bottom of the pool in shoulder-deep water.
- Alternate your arms and legs as if cross-country skiing (right arm out with left leg out, then switch).



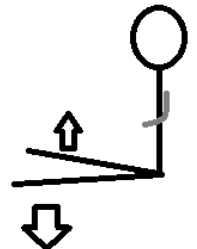
### Tucks – targets abs

- Place noodle behind your upper back and bring the ends in front of you. Hold on to the ends of the noodle with your hands and keep your head and shoulders above the water.
- Start with your legs out straight and toes pointed, then tuck your knees toward your chest. Extend your legs straight out again.



### Leg Abduction/Adduction – targets thighs (inner & outer)

- Place noodle behind your upper back and bring the ends in front of you. Hold on to the ends of the noodle with your hands and keep your head and shoulders above the water. Allow your feet to come up and float.
- Hold your legs together and slowly bring them apart.



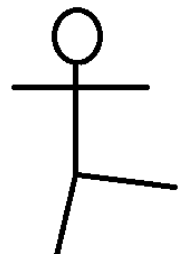
### Water Cycling – targets legs and arms

- Place noodles between legs as if riding a bike. Move legs and arms as if jogging. Extend your arms in front to pull you through the water quickly.
- Make sure your head is in line with your body.  
*Advanced:* Add water dumbbells for an added arm workout.



### Side Kicks – targets legs, arms and core

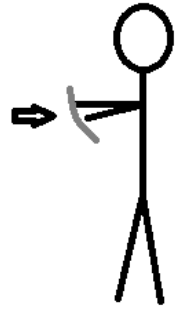
- Stand tall in the water.
- Kick your right leg out to the side. At the same time, extend both arms out to your sides in a punching motion. Repeat with left leg.  
*Advanced:* Add water dumbbells for an added arm workout.



If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.

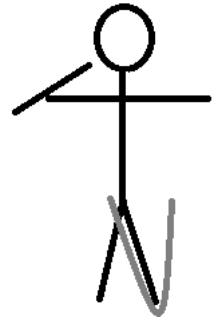
### **Noodle Push** – targets arms

- In shallow water, hold a noodle straight out in front of you with your arms fully extended.
- Walk forward. Pull the noodle towards you and push it away in rhythm with your walking.
- You can also push it to your left and right to target your back and obliques.



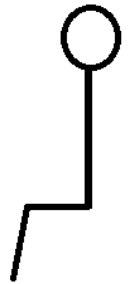
### **Leg Lift** – targets quadriceps, hamstrings and calves

- In shallow water, hold onto the pool edge. Place a noodle under your left foot.
- Focus on your balance and posture as you hold the noodle on the pool floor with your foot. Slowly lift your foot until your thigh is parallel to the water surface.
- Push the noodle back down.
- Repeat with your right foot.



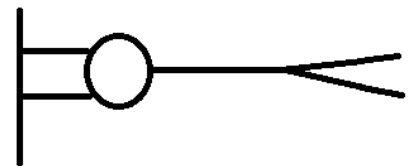
### **Water Squats** – targets quads, hamstrings and glutes

- Stand in shallow water with feet shoulder-width apart.
- Tighten your abdominal muscles and lower yourself into a squatting position. You may feel as though you're preparing to sit down.
- Then, carefully stand back up, keeping your back straight.



### **Flutter Kick** – targets abs, arms and legs

- Face the pool wall in chest-deep water. Hold onto the ledge with both hands and lift your legs until your body is parallel to the floor.
- Push your body away from the pool edge so that your arms are extended, but your elbows are not locked. Tighten your core muscles and kick your legs. Keep your legs straight and kick quickly.



### **Water Walking/Water Running** – targets back, abs, and legs

- Begin in the shallow end of the pool. Stride forward, pushing your body against the water's resistance. Be careful to maintain good posture.

### **Water Jacks** – targets core, arms and legs

- Do jumping jacks as you would on land. Bring your arms out above you. At the same time, jump and separate your feet. Repeat.

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