



HYDRO-FIT  
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# AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Upper Body Strength Circuit (Barbells)

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
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### Touch Front/Touch Back

UPPER BODY STRENGTH EXERCISE

Control lift  
Keep elbows bent  
Avoid arching back

### STATION 1

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### Tricep Extensions

UPPER BODY STRENGTH EXERCISE

Keep buoys under water  
Squeeze elbows at sides  
Keep shoulders down and back

### STATION 2

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### Instep Sweeps

AEROBIC AND TONING EXERCISE

Keep chest lifted  
Avoid leaning forward  
Maintain neutral spine

### STATION 3

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### Bicep Curls

UPPER BODY STRENGTH EXERCISE

Keep buoys under water  
Keep shoulders down and back  
Avoid leaning forward

### STATION 4

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### Rocking Horse Sweep

AEROBIC AND TONING EXERCISE

Grip buoys with ends up  
Equal focus on sweep and pull  
Maintain neutral spine

### STATION 5

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### Chest Press

UPPER BODY STRENGTH EXERCISE

Keep elbows bent  
Keep shoulders down and back  
Maintain neutral spine

### STATION 6



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## AQUATIC CIRCUIT TRAINING—SHALLOW WATER

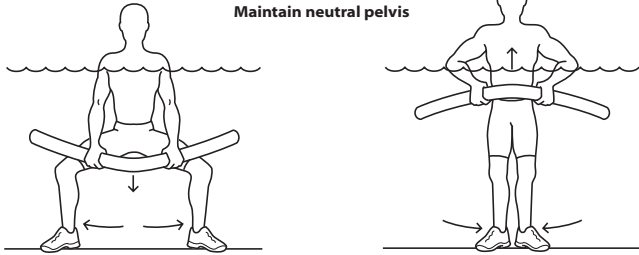
# Upper & Lower Body Toning Circuit (Noodle)



### Plunge Jacks

UPPER BODY STRENGTH EXERCISE

Grip noodle shoulder distance apart  
Keep chest lifted  
Maintain neutral pelvis



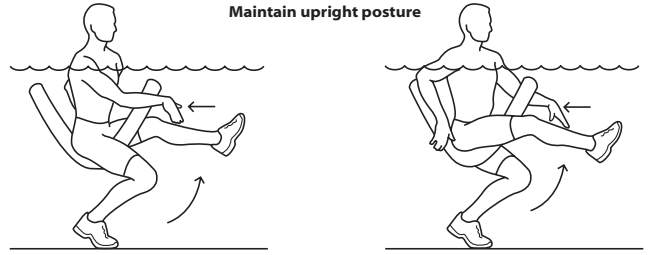
## STATION 1



### Front Kicks

AEROBIC AND TONING EXERCISE

Balance on the noodle  
Equal focus on arm and leg action  
Maintain upright posture



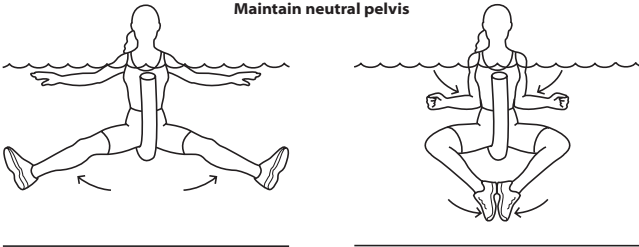
## STATION 2



### Cossack Kicks

LOWER BODY STRENGTH EXERCISE

Balance on the noodle  
Focus effort on leg action  
Maintain neutral pelvis



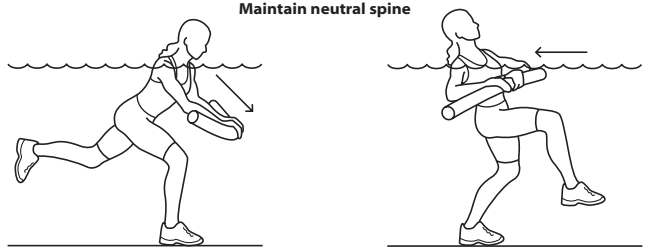
## STATION 3



### Rocking Horse Plunge

AEROBIC AND TONING EXERCISE

Grip noodle shoulder distance apart  
Equal focus on plunge and pull  
Maintain neutral spine



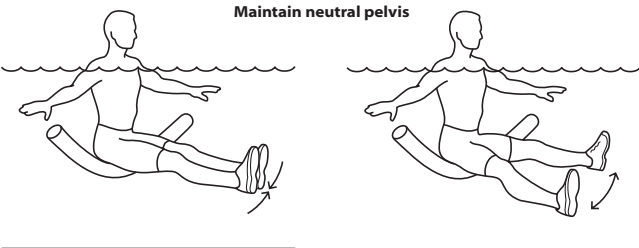
## STATION 4



### Seated Jacks

LOWER BODY STRENGTH EXERCISE

Balance on the noodle  
Focus effort on leg action  
Maintain neutral pelvis



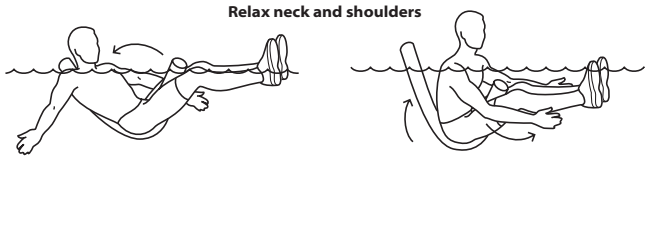
## STATION 5



### Crunches

CORE STRENGTH EXERCISE

Squeeze noodle between legs  
Keep heels lifted and toes dry  
Relax neck and shoulders



## STATION 6



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# AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Strength Circuit

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### Touch Front/Touch Back

UPPER BODY STRENGTH EXERCISE

Control lift  
Keep elbows bent  
Avoid arching back

### STATION 1

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### Cossack Kicks

LOWER BODY STRENGTH EXERCISE

Balance on the noodle  
Focus effort on leg action  
Maintain neutral pelvis

### STATION 2

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### Tricep Extensions

UPPER BODY STRENGTH EXERCISE

Keep buoys under water  
Squeeze elbows at sides  
Keep shoulders down and back

### STATION 3

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### Seated Jacks

LOWER BODY STRENGTH EXERCISE

Balance on the noodle  
Focus effort on leg action  
Maintain neutral pelvis

### STATION 4

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### Bicep Curls

UPPER BODY STRENGTH EXERCISE

Keep buoys under water  
Keep shoulders down and back  
Avoid leaning forward

### STATION 5

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### Chest Press

UPPER BODY STRENGTH EXERCISE

Keep elbows bent  
Keep shoulders down and back  
Maintain neutral spine

### STATION 6



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## AQUATIC CIRCUIT TRAINING—SHALLOW WATER

# Aerobic Circuit

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### Plunge Jacks

UPPER BODY STRENGTH EXERCISE

Grip noodle shoulder distance apart  
Keep chest lifted  
Maintain neutral pelvis

## STATION 1

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### Front Kicks

AEROBIC AND TONING EXERCISE

Balance on the noodle  
Equal focus on arm and leg action  
Maintain upright posture

## STATION 2

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### Instep Sweeps

AEROBIC AND TONING EXERCISE

Keep chest lifted  
Avoid leaning forward  
Maintain neutral spine

## STATION 3

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### Rocking Horse Plunge

AEROBIC AND TONING EXERCISE

Grip noodle shoulder distance apart  
Equal focus on plunge and pull  
Maintain neutral spine

## STATION 4

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### Rocking Horse Sweep

AEROBIC AND TONING EXERCISE

Grip buoys with ends up  
Equal focus on sweep and pull  
Maintain neutral spine

## STATION 5

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### Crunches

CORE STRENGTH EXERCISE

Squeeze noodle between legs  
Keep heels lifted and toes dry  
Relax neck and shoulders

## STATION 6