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## AQUATIC CIRCUIT TRAINING—SHALLOW WATER

# Upper Body Strength Circuit (Barbells)

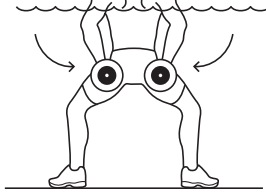
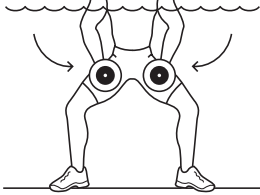


AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Touch Front/Touch Back

UPPER BODY STRENGTH EXERCISE

Control lift  
Keep elbows bent  
Avoid arching back



### STATION 1

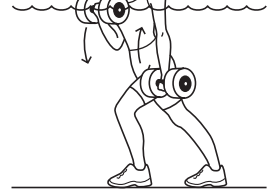
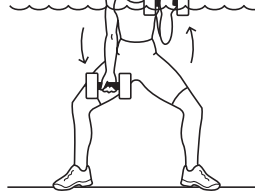


AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Tricep Extensions

UPPER BODY STRENGTH EXERCISE

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



### STATION 2

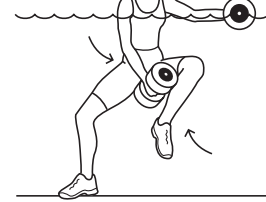
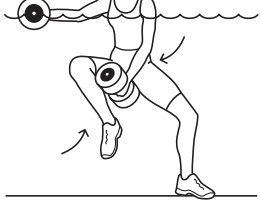


AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Instep Sweeps

AEROBIC AND TONING EXERCISE

Keep chest lifted  
Avoid leaning forward  
Maintain neutral spine



### STATION 3

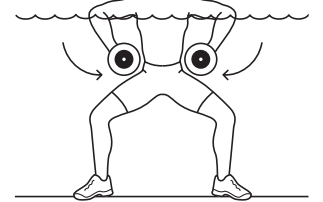
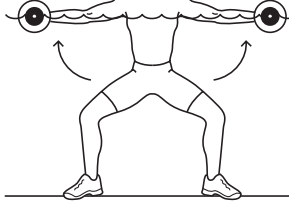


AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Bicep Curls

UPPER BODY STRENGTH EXERCISE

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



### STATION 4

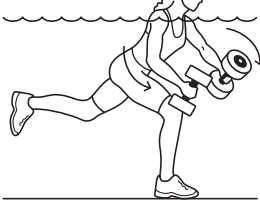


AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## Rocking Horse Sweep

AEROBIC AND TONING EXERCISE

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



### STATION 5

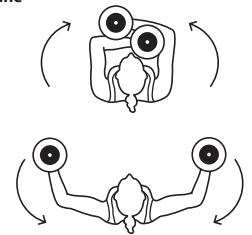
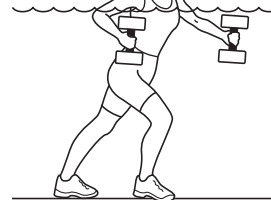


AQUATIC CIRCUIT TRAINING—SHALLOW WATER

## 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)

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
**Plunge Jacks**  
UPPER BODY STRENGTH EXERCISE

Grip noodle shoulder distance apart  
Keep chest lifted  
Maintain neutral pelvis

### STATION 1

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
**Front Kicks**  
AEROBIC AND TONING EXERCISE

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

### STATION 2

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
**Cossack Kicks**  
LOWER BODY STRENGTH EXERCISE

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

### STATION 3

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
**Rocking Horse Plunge**  
AEROBIC AND TONING EXERCISE

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

### STATION 4

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
**Seated Jacks**  
LOWER BODY STRENGTH EXERCISE

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

### STATION 5

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
**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

AQUATIC CIRCUIT TRAINING—SHALLOW WATER  
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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

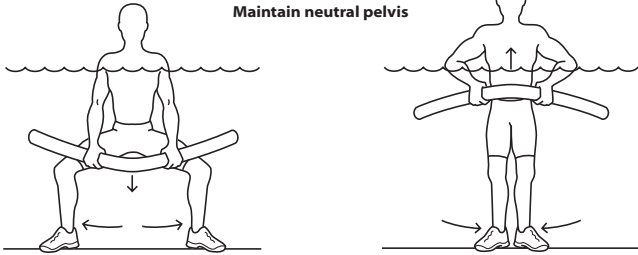
# Aerobic Circuit



### Plunge Jacks

UPPER BODY STRENGTH EXERCISE

Grip noodle shoulder distance apart  
Keep chest lifted  
Maintain neutral pelvis



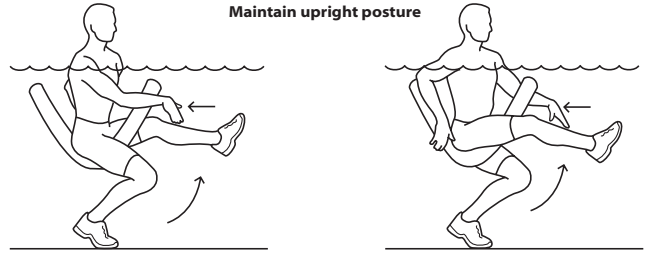
## STATION 1



### Front Kicks

AEROBIC AND TONING EXERCISE

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



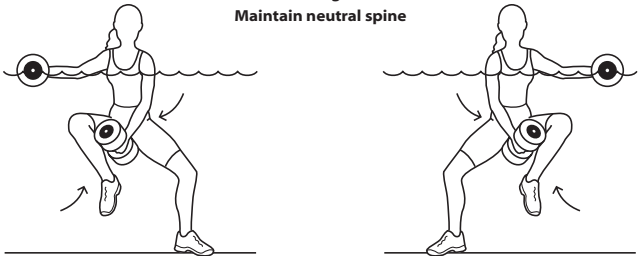
## STATION 2



### Instep Sweeps

AEROBIC AND TONING EXERCISE

Keep chest lifted  
Avoid leaning forward  
Maintain neutral spine



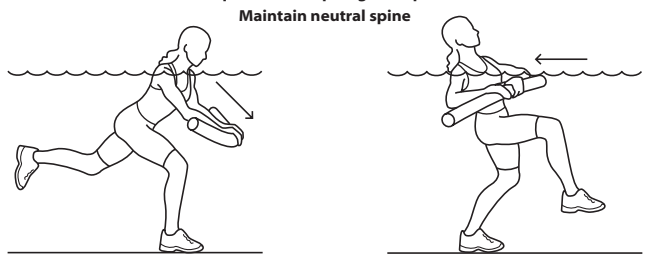
## STATION 3



### Rocking Horse Plunge

AEROBIC AND TONING EXERCISE

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



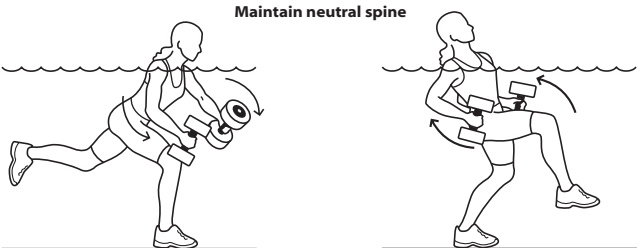
## STATION 4



### Rocking Horse Sweep

AEROBIC AND TONING EXERCISE

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



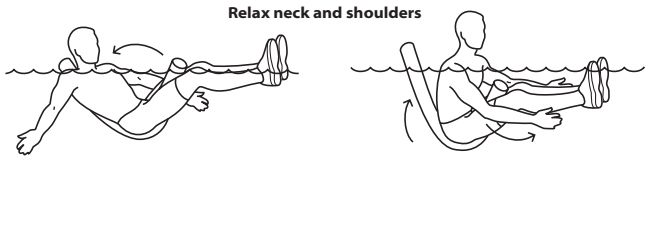
## STATION 5



### Crunches

CORE STRENGTH EXERCISE

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



## STATION 6