

# WATER FITNESS FUN

Workout by Jennifer Strobel, Recreation & Fitness Program Coordinator

*NOTE: Before starting a new exercise routine, it is important to consult with your healthcare provider.*

## **Warm Up**

*Complete 1 minute each exercise.*

Jumping Jacks

Jumping Jacks Alt. Knee Lift

Jumping Jacks Alt. Hamstring Curl (heel to hip)

## **Water Walking Workout**

Walk Forward - 4 lengths

Walk Backward - 4 lengths

Side Step with jumping jack arms - 8 lengths

Straight Leg Toe Touch, arms alternately push to the front - 2 lengths

Cross Country Ski - opposite arm, opposite leg; big range of motion; 2 lengths

High Knee Jog with breaststroke arms - 2 lengths

Back Kick, arms alternately push to the front - 2 lengths

Wide High Knee Jog - 2 lengths

## **Cool Down**

10 Jumping Jacks

10 Hip Circles each way

10 Arm Circles each way

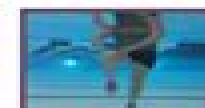
10 Side Lunges

8 Heel Touch Front

8 Heel Touch Back



Jumping Jacks Alt. Knee



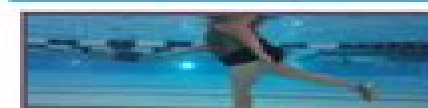
Jumping Jacks Alt. Ham Curl



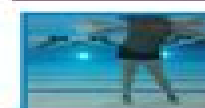
Straight Leg Toe Touch



Cross Country Ski



Back Kick



Hip Circles



Side Lunges



Heel Touch Front, Back



# Aquafit Water Exercise Program

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Sebastian Brünink.

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