

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

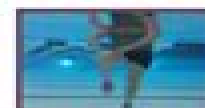
10 Side Lunges

8 Heel Touch Front

8 Heel Touch Back



Jumping Jacks Alt. Knee



Jumping Jacks Alt. Ham Curl



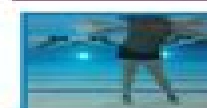
Straight Leg Toe Touch



Cross Country Ski



Back Kick



Hip Circles



Side Lunges



Heel Touch Front, Back



Aquafit Water Exercise Program

F Rizvi



Aquafit Water Exercise Program:

Reviewing **Aquafit Water Exercise Program**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Aquafit Water Exercise Program**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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