

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

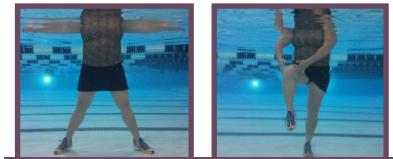
10 Hip Circles each way

10 Arm Circles each way

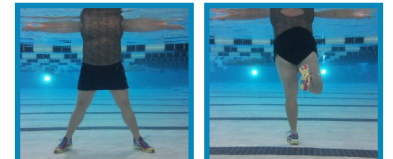
10 Side Lunges

8 Heel Touch Front

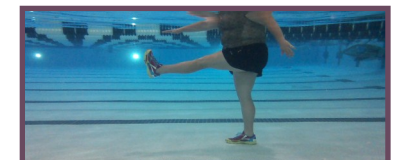
8 Heel Touch Back



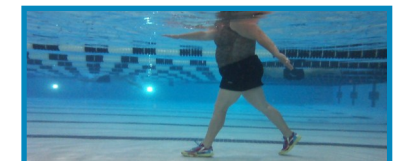
Jumping Jacks Alt. Knee



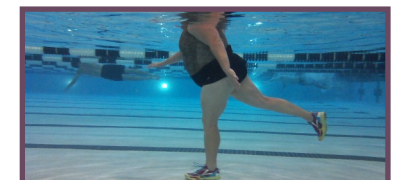
Jumping Jacks Alt. Ham Curl



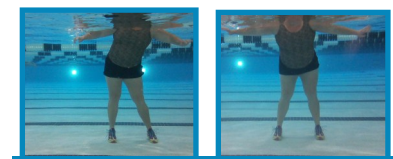
Straight Leg Toe Touch



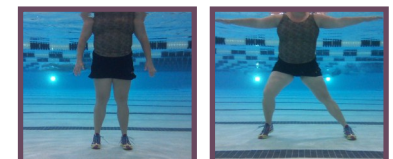
Cross Country Ski



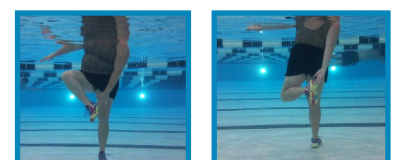
Back Kick



Hip Circles



Side Lunges



Heel Touch Front, Back