

Aquatic Exercise Techniques

Water Jogging: To be performed in shoulder high depths for maximum water resistance. Jog from one side of pool to the other pulling knees high in front to waist level-resembling a forward march motion. Perform for 1-2 minute intervals.

Underwater Jumping Jacks: To be performed in shoulder high depths for maximum water resistance. Perform standard jumping jacks exercise; jump pulling arms up through water laterally to overhead while simultaneously pushing legs to wide "V" stance, then jump pulling legs back to hip width apart while bringing arms down through water back to sides of legs. Repeat 10-15 times.

Water Walking: Can be performed in various depths and varied speeds to modify intensity. Walk laps around edge of pool or from side to side; large strides make this exercise more effective. Perform for 2 minute intervals.

Underwater Bicep Curls: To be performed in waist high depths. Using hand webs or pool noodles perform standard bicep curl exercise underwater; Palms up and elbows close to sides lift forearms to the level of the water and then pull back down through water back to starting position at sides of legs. Repeat 10-15 times.

Underwater Tricep Presses: To be performed in waist high depths. Using hand webs or pool noodles perform standard tricep press exercise underwater; starting at the level of the water with palms down and elbows close to the sides, press forearms down through water to sides of legs and then release back up to the starting position. Repeat 10-15 times.

Chest Flies with Kickboard: To be performed in shoulder high depths. Stand in wide "V" stance and tighten core muscles to stabilize. Holding the kickboard to one side, tuck one end into chest/underarm and wrap hand around the other end (should resemble putting an arm around someone's shoulder). Half of the kickboard should be underwater. Pull kickboard from side towards body stopping at midline, pull back to side starting position. Repeat 10-15 times each side.

Figure Eight with Styrofoam Ball: To be performed in shoulder high depths for maximum water resistance. Holding the ball in just under the water line with both hands, straighten arms and begin to trace a "figure 8" shape under the water. Repeat 10 times.

Underwater Kickbacks: To be performed in waist high water. Facing the wall of the pool, hold on the edge with both hands and place feet hip width apart. Lift leg backwards, alternate legs. Repeat 10 times.

Underwater Scissors: To be performed in shoulder high depths. Begin by standing with legs hip width apart and arms resting by sides. Jump, raise right arm forward and left arm backward while simultaneously scissoring the left leg forward and the right leg backward. Jump and alternate; raising left arm forward and right arm backward while scissoring the right leg forward and left leg backward. Repeat 15-20 times.

Water Roman Chairs: To be performed in shoulder high depths. Wrap a pool noodle around back and under arm pits while holding onto the ends. Lay back flat and float on the noodle while extending legs straight. Pull knees into chest through water and extend back to starting position. Repeat 15-20 times.

Underwater Windshield Wipers: To be performed in shoulder high depths. With back facing wall of the pool, extend arms to side and hold onto the pool edge with both hands. Lift legs straight up with feet flexed making an "L" shape with your body. Holding onto the wall swing legs from right to left underwater. Repeat 10 times.

