



Aquatic
Cross Training

PROGRAMS GUIDE

by **HYDROPOOL**

Get into the perfect shape.



HYDROPOOL
the self-cleaning swim spa



Hydropool Aquatic Cross Training Made Easy Right In Your Own Backyard

INTRODUCTION

Hydropool's Aquatic Cross Training Programs are a great way to bring the traditional gym workout into the backyard, with the added benefits of water. Aquatic exercises are low impact and will deliver a big difference in your overall fitness.

Due to the buoyancy of water, aquatic exercise reduces stress on joints and muscles. The water's resistance against the body's motions builds muscular strength and tone, and activates the entire cardiovascular system. Reduced gravity in the water also results in less strain on the cardiovascular system. Exercising in the swim spa keeps the body temperature cooler, resulting in longer, more enjoyable workout periods. Use the exercise rail to ensure you have your balance throughout your exercise circuit training.



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What is Aquatic Cross Training?

Similar to land-based cross training, aquatic cross training is designed for whole-body fitness with a mix of aerobics, strength, resistance and flexibility.

Hydropool's Swim Spa and its exclusive, multi-level cross training programs offer varied, full-body workouts, right at home. A workout can combine jogging, resistance training and stretching. At any intensity, 10-minute segments will still derive overall benefits to your strength, health and wellbeing.

How to determine what level is right for you:

Level: Beginner

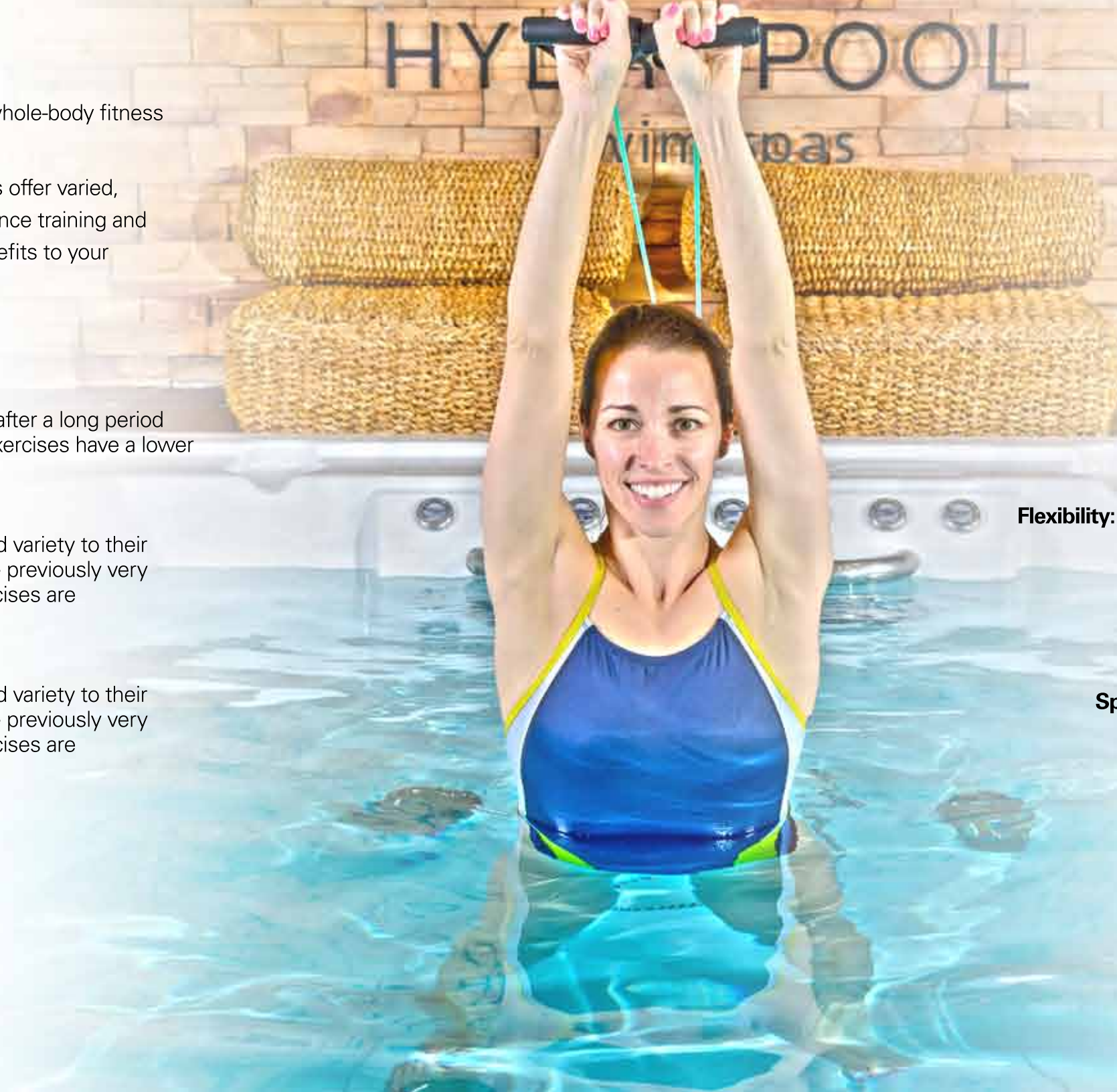
This is a light intensity workout for someone new to exercise, or returning after a long period of inactivity. The warm-up begins by gently increasing the heart rate, and exercises have a lower level of difficulty with fewer repetitions (reps) in the planned exercise sets.

Level: Intermediate

This level is for individuals who are somewhat active, and are looking to add variety to their current routine. This workout is also a great option for individuals who were previously very active, and are returning from an injury. In this level, more challenging exercises are introduced, and the number of repetitions per exercise is increased.

Level: Advanced

This level is for individuals who are somewhat active, and are looking to add variety to their current routine. This workout is also a great option for individuals who were previously very active, and are returning from an injury. In this level, more challenging exercises are introduced, and the number of repetitions per exercise is increased.



The Hydropool Aquatic Cross Training Program Targets

Core: With a variety of exercises including push-ups, knee tucks, twists and many more – your core will be activated and targeted throughout each workout.

Upper Body: Each workout includes a strength-training portion that targets biceps, triceps and shoulders and back. Arm exercises will use a combination of fan paddles, resistance bands, dumbbells, or simply your bodyweight to provide challenge and variety.

Lower Body: Squats and lunges are included in all areas of this program, along with many other resistance and strength building exercises that target glutes, quads, hamstrings and calves.

Hydropool Aquatic Cross Training Considerations:

Flexibility: Exercises are designed and included to increase range of motion in both muscles and joints.

Cardiovascular Fitness: All workouts include a range of aerobic exercises, that vary in intensity depending on the program level.

Functional Strength: Muscles that support our everyday life are focused on throughout each workout, with a goal of improving overall fitness level, health and wellbeing.

Sport \ Conditioning: The intermediate and advanced workouts provide opportunities to target underutilized muscles that assist with a variety of sports and activities. Increased cardiovascular components challenge overall conditioning for maximum benefits.

Low Impact Options: All of the workouts can be adapted to accommodate injuries or restricted range of motion. The buoyancy and resistance of water is utilized to create the safest, most effective workout.

Heart Rate Zone Training

Heart rate zones are a great tool for monitoring the intensity of your workouts. You can train smarter by knowing which heart rate zone you are in, and what your targets are as they relate to your goals.

If you are aiming to improve your overall fitness level, decrease body fat and tone muscle, train in zones 2-4 as outlined in the chart below.

Start by determining your "Maximum Heart Rate." This is discovered by subtracting your age from the number 220. If you are 45, your "Maximum Heart Rate" will be 175 beats per minute, or bpm.

From here, you can determine your personal heart rate goals, for each zone as outlined in the chart below, using a percentage of your individual max.

Before beginning your workout program, record your resting heart rate. This can be determined by holding your finger to your pulse, and counting the number of beats in a minute. According to the National Institute of Health, the normal adult resting heart rate falls between 60 to 100 beats per minute. To monitor the progress of your fitness level over time, measure and track your resting heart rate (before any physical activity) on a weekly basis. As you become more fit, your resting heart rate decreases.

	TARGET ZONE:	% OF MAX HEART RATE BPM RANGE:	DURATION TIME (EXAMPLE):	BENEFIT OF TRAINING:
MAX PERFORMANCE	5 MAXIMUM	90-100% 171-190 BPM	LESS THAN 5 MINUTES	BENEFITS Increases your maximum sprint speed FEELS LIKE Very exhausting for your breathing & muscles RECOMMENDED For a very fit person with athletic training background
	4 HARD	80-90% 152-171 BPM	2-10 MINUTES	BENEFITS Increases your performance capacity FEELS LIKE Muscular fatigue, heavy breathing RECOMMENDED For fit users and short exercises
IMPROVED FITNESS	3 MODERATE	70-80% 133-152 BPM	10-40 MINUTES	BENEFITS Improves your aerobic fitness FEELS LIKE Light muscular fatigue, easy breathing, moderate sweating RECOMMENDED For everybody for typical, moderately long exercises
	2 LIGHT	60-70% 114-133 BPM	40-80 MINUTES	BENEFITS Improves basic endurance & helps your recovery FEELS LIKE Comfortable, easy breathing, low muscle load, light sweating RECOMMENDED For everybody for longer, & frequently repeated shorter exercises
LOOSE WEIGHT	1 EASY	50-60% 104-114 BPM	20-40 MINUTES	BENEFITS Improves basic overall health & metabolism, helps recovery FEELS LIKE Very easy for breathing & muscles RECOMMENDED For basic training for novice exercisers, weight management & active recovery





**BEGINNER:
Full Body Workout**

These beginner exercises focus on improving your balance and mobility, while toning muscles and increasing aerobic fitness. This workout is perfect for someone who is returning to exercise, or for seniors looking to stay active. The movements included in this workout focus on introducing the exclusive Hydropool Cross Training exercises, and should be conducted in the order in which they are presented in the manual. Repetitions in this workout are quite low, and the tools utilized are at entry level. If you would like to increase the intensity at any point, you can utilize a more challenge component of your fitness kit, or increase the number of repetitions performed. Before you enter the swim spa, ensure you have your gloves, fan paddles and noodle close by.

WARM-UP EXERCISES



Let's begin...

1 Walking *Time 3 Minute*
Begin by standing in the middle of the swim area and walk in place, bringing knees slightly up, gazing forward and swinging your arms. Keep relaxed shoulders over hips and focus on stabilizing the core by imagining pulling your belly button in towards your stomach. Ensure heels are striking the floor first, and focus on your breathing.

2 Squats *Time: 1 Minute*
Begin in a standing position in the middle of the swim area, facing the swim spa jets, feet hip-width apart. Place the hands on the hips, elbows slightly out. With heavy heels, slowly crouch or assume a seated position. Then rise to an upright body position and repeat the movement. *Complete one set of approximately 15 repetitions.*

3 High Knees *Time: 1 Minute*
Begin in a standing position in the middle of the swim area, facing the swim spa jets. Raise one knee to waist height and then drop the leg back down to starting position. Alternate the action with the opposite leg (similar to marching). Feet should strike the bottom of the swim spa in a deliberate manner. *Repeat action for 10 - 20 repetitions per leg.*

4 Chest Flies Using Gloves *Time: 1 Min.*
Begin in a seated position, with shoulders submerged at water surface height. Knees are wide and feet wider than shoulders. Extend arms straight out by your side, palms open, facing the front spa jets. Keep elbows slightly bent, shoulders back, and bring both hands forward, to the front of the body, pushing the water intently. Once this movement is complete, turn palms to face down to "slice" the water, to, return arms to starting position. *Complete 10 - 12 reps.*

5 Rocking Horse *Time: 1 Minute. Reps: 5 - 6*
Begin in a standing position, placing the right foot forward, knee slightly bent, left foot back, and weight centered. Keep the feet in this position throughout. Extend arms to the side, palms facing forward. In a rocking motion, shift your upper body forward, bringing the shoulders under water and pushing arms to the front of the body (closing the arms), thumbs up. Weight is off the left foot, back heel is up. Rocking the upper body backwards, push arms back to the side (opening the arms) and shift weight to the back foot. Front leg is still slightly bent. Weight is over the back leg and heel. Push off the back foot to rock forward. *Repeat movement for 10 - 12 reps, then switch to left foot forward, right foot behind.*

EXERCISES 30 MINUTES...



6 Bicep Curls with Fan Paddles Open. *2 Sets, Reps: 6 - 7 Each*
Begin standing with feet hip-width apart, arms straight down at your sides, elbows tucked in. Hold the opened fan paddles in each hand, palms forward. In a seated position (knees bent), pull the abdominals in. Slowly curl (bend at the elbow/hinge) both arms upward until the fan paddles come to the water's surface and are in front of the shoulders. Slowly lower the fan paddles back to the starting position and repeat motion. *Complete 2 sets of 6 - 7 reps.*



7 Lateral Raises with Fan Paddles *2 Sets, Reps: 6 - 7 Each*
Begin in a seated position, feet shoulder-width apart, hands at your sides holding an opened fan paddle in each hand. Slowly begin to raise arms to the side, keeping them below the surface of the water. Be sure to keep your back straight and abdominals engaged. Turn palms forward to "slice" the water and return to starting position. *Complete 2 sets of 6 - 7 reps.*



8 Front Raises to Pull Downs with Fan Paddles *2 Sets, Reps: 6 - 7 Each*
Begin in a seated position, with right leg forward and knee slightly bent, and left leg extended behind with toes firmly planted. Hold a fan paddle in each hand and extend arms straight out in front of you at shoulder height and palms facing down. Keep fan paddles in the water and lower your arms down to your side. Slowly bring them back up to shoulder height, in front of the body, keeping fan paddles submerged. *Complete 2 sets of 6 - 7 reps.*

EXERCISES CONTINUED...



9 High Row to Press
with Fan Paddles
2 Sets, Reps: 6 - 7 Each

Begin in a seated position, at shoulder-height in the water and feet shoulder-width apart. Hold the fan paddles at chest height, palms facing the jets, and elbows bent to 90 degrees. Push the submerged paddles so arms are fully extended. Pause and then slowly return the paddles to the starting position, retracting the shoulders as you flex the elbow.
Repeat 2 sets of 6 - 7 reps.



10 Triceps Kickbacks
with Gloves
2 Sets, Reps: 6 - 7 Each

Begin in a seated position, with feet firmly planted and legs shoulder width apart. Lean forward at the hips until the upper body is at a 45-degree angle to the floor and pull stomach in. Extend arms down by your side and palms facing back. Keeping your elbow close to the waist and upper arms still, extend the forearm at the elbow behind the body until the entire arm is parallel to the floor and palms pointing upwards. Turning the palms to face the body, slowly return the arms to the starting position "slicing" the water with the gloves.
Repeat 2 sets of 6 - 7 reps.



11 Chest Flies
with Gloves
2 Sets, Reps: 6 - 7 Each

Begin in a seated position, feet firmly planted, legs shoulder-width apart, water at shoulder height. Extend arms straight out at your side, elbows slightly bent, at shoulder-height level. With palms facing swim spa jets (thumbs up), bring arms together at the front of the body, pushing the water. Return to starting position by turning the palms to face down, and "slicing" the water.
Repeat to complete 2 sets of 6 - 7 reps.



12 Reverse Flies
with Gloves
2 Sets, Reps: 6 - 7 Each

Begin in a seated position, feet firmly planted, legs shoulder-width apart, water at shoulder height. Extend arms straight in front of the body, elbows slightly bent, at level with shoulder height. With palms facing each other (thumbs up), bring arms to the sides of the body pushing the water backwards. Return arms to starting position by turning palms to face down, and "slicing" the water with the gloves.
Repeat to complete 2 sets of 6 - 7 reps.



13 Core Rotation
with Gloves
2 Sets, Reps: 6 - 7 Each Side

Begin in a seated position, feet firmly planted, legs shoulder-width apart, knees bent and water at shoulder height. Raise the hands straight out in front of the body, palms facing each other. Keeping the back straight and shoulders over hips, twist the torso as far as possible to the left pushing your arms through the water. Reverse the motion, twisting as far as possible to the right.
Repeat to complete 2 sets of 6 - 7 reps per side.



14 Wood Chopper
with Gloves
2 Sets, Reps: 6 - 7 Each Side

Begin in a seated position and extend right leg forward and left leg back, knees slightly bent. Keeping shoulders underneath the water surface, extend arms forward and join hands in front of the body. Keep looking at the hands throughout the exercise, engage abdominals, and twist torso to the right side only, in a downward / diagonal motion. Keep arms straight, and return arms up to the starting position, using the water's resistance to pull arms back to shoulder level. Switch to the other side by placing the left foot forward, right foot back.
Repeat to complete 2 sets of 6 - 7 reps, on each side.

EXERCISES CONTINUED...



15 Bicycle
with Gloves
2 Sets, Reps: 5 - 6 / Leg
Begin in a neutral standing position. Raise the right knee to waist height and extend the leg forward, toes pointing forward. Flex the foot and then draw the leg back past the standing position, extending the leg back. *Return to the starting position and complete 2 sets of 5 - 6 reps, per leg.*



16 Wall Push-Ups
Holding the Side Wall or Bar
2 Sets, Reps: 6 - 7 Each
Begin by facing the swim spa's exercise bar. Standing at arm's length, grasp the exercise bar with both hands and keep feet shoulder-width apart. Maintaining a straight alignment, lean the body forward until elbows reach a 90-degree angle, and push the body back by straightening the arms. *Complete 2 sets of 6 - 7 reps.*



17 Seated Knee Tucks
Using Swim Spa Corner Seat
2 Sets, Reps: 10 Each
Begin by sitting in one of the swim spa seats. Grasp the seat's edge, engage abdominals and extend the legs out keeping knees slightly bent, pushing out from the heels. Then draw the legs back bringing the knees up to the chest. *Complete 2 sets of 10 reps.*



18 Squats
Standing in the Swim Area
2 Sets, Reps: 15- 20 Each
Begin in a seated position, shoulder-height in the water with legs shoulder-width apart. Toes are pointed out and feet firmly planted. Place hands on the waist just above the hips. Keeping a straight back, press heels into the floor of the swim spa to return to an upright body position. *Lower slowly to starting position and complete 2 sets of 15 - 20 reps.*



19 Lunges
Standing in the Swim Area
2 Sets, Reps: 6 - 7 / Leg
Begin by standing with one foot forward, the other foot back and shoulders submerged in the water. Keeping shoulders over hips, slowly pulse in the lunge lifting shoulders in and out of the water. Hold hands on hips during this motion, or use the gloves to scull for balance. *Alternate legs and complete 2 sets of 6 - 7 reps per leg.*



20 Side Leg Raises
Standing in the Swim Area
2 Sets, Reps: 6 - 7 / Leg
Begin by standing in neutral position. Use the exercise bar for balance if necessary. Place hands on waist and keep upper body still (avoid the teeter-totter motion). Bend knees slightly and raise one leg up to the side, pushing the water with the entire leg. Return to starting position, pulling the water with the entire leg. *Complete 2 sets of 6 - 7 reps, per leg.*



EXERCISES CONTINUED...



21 Side Leg Cross
 Standing in the Swim Area
2 Sets, Reps: 6 - 7 / Leg
 Begin by standing in neutral position. Use the exercise bar for balance if necessary. Place hands on waist and keep upper body still (avoid the teeter-totter motion). Bend knees slightly and raise one leg up to the side, pushing the water with the entire leg. Then, draw the leg down in a deliberate movement swinging it past your supporting leg like pendulum.
Complete 2 sets of 6 - 7 reps, per leg.



22 Skateboard
 Standing in the Swim Area
2 Sets, Reps: 6 - 7 / Leg
 Begin in neutral standing position. Place hands on the hips and keep upper body still (avoid the teeter-totter motion), engaging your core. Bend knees slightly and raise the right leg forward, toes pointed. Flex the foot and then draw/pull the leg back past the standing position, extending the leg back, swiping the swim spa floor. Bend at the knee to bring the right leg forward.
Repeat 2 sets of 6 - 7 reps, per leg.



23 Calf Raises.
 Standing in the Swim Area
2 Sets, Reps: 10 Each
 Begin by standing in neutral position in the middle of the spa, feet shoulder-width apart. You may also choose to stand on the spa step, with heels hanging over the edge of the step, for a deeper calf raise. Use the exercise bar for balance if necessary. Place hands on the waist and raise the heels a few inches off the spa floor. Hold the position for 1-2 seconds, and lower the heels back to the starting position.
Complete 2 sets of 10 reps.



24 Leg Kickbacks
 Standing in the Swim Area
Reps: 7 - 8 / Leg
 Begin by standing in neutral position. Use the exercise bar for balance if necessary. Place hands on waist and keep upper body still (avoid the teeter-totter motion). Standing tall, keeping shoulders over hips, contract the gluteal muscle and extend one leg back, keeping both legs straight. The foot can be turned out to create more resistance. Pause at the top. Pull the leg back to starting position and complete 7 - 8 reps, per leg.



25 Lateral Pulldowns
 with Swim Noodle
2 Sets, Reps: 6 - 7 Each
 Begin in a seated position, facing the swim jets, shoulders peeking out of the water. Legs are wide and toes pointed outward for balance. Extend arms to the side, palms down, holding the noodle in each hand across the shoulder blades. Keep the back straight and draw the noodle down to the floor, towards the back of the body. Slowly draw the arms back up to the water's surface.
Complete 2 sets of 6 - 7 reps.



26 Side Fall Crunches
 with Swim Noodle
2 Sets, Reps: 10 / Side
 Begin in a seated position, facing the side of the swim spa, shoulders peeking out of the water. Legs are wide apart and toes pointed outward for balance. Extend arms to the side, palms down, holding the noodle in each hand across the shoulder blades. Keep the back straight and extend/reach out with the left arm. As you begin to lean to the right side, draw the left knee up toward the chest, before returning the foot to the floor. Push off the bottom of the swim spa to change directions, leaning to the left side, and drawing the right knee up.
Complete 2 sets of 10 reps, per side.

EXERCISES CONTINUED...



27 Standing Crunches
with Swim Noodle
2 Sets, Reps: 10 Each

Begin in a standing position, feet hip-width apart, knees slightly bent. Place the swim noodle across the front of the body and hold it, elbows at 90 degrees and hands a bit wider than shoulders. Engage the abdominals, keep a straight back, bend at the waist and push the swim noodle down to knee level, extending the arms. Slowly return to starting position, controlling the noodle as it wants to surface. *Complete 2 sets of 10 reps.*



28 SunTan – Superman
with Swim Noodle
2 Sets, Reps: 6 - 7 Each

Begin in a standing position, holding the swim noodle across the front of the body, with arms extended. Lower the body into the water and extend the torso and legs to bring the body to float on the stomach (Superman/prone position). Hold for 5 seconds. In a fluid motion, draw knees up to the chest and push the heels to the front of the body, extending the legs and body (Suntan/supine position). *Hold for 5 seconds and repeat sequence to complete 2 sets of 6 - 7 reps.*



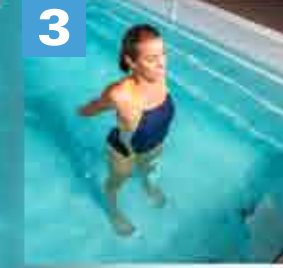
COOL DOWN STRETCHES



1 Overhead Stretch
Hold stretch for 20 - 30 seconds
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together and lift them up overhead, turning palms to face the sky.



2 Side Stretch
Hold stretch for 20 - 30 seconds
Continue through the overhead stretch by gently leading with the hands and shoulders to lean to one side, before returning to centre, and then leaning to the opposite side.



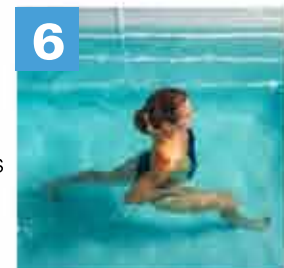
3 Shoulder Stretch
Hold stretch for 20 - 30 seconds
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together behind your back, and gently pull shoulder blades together, keeping shoulders down and away from your ears. If range of motion allows, slowly lift hands up towards the sky.



4 Rhomboid Stretch
Hold stretch for 20 - 30 seconds
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together in front of the body, extending through the arms and pressing palms outwards. Gently draw your chin to your chest.



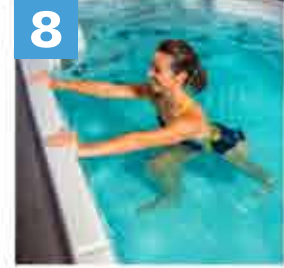
5 Trap and Rotator Cuff Stretch
Hold stretch for 20 - 30 seconds
Stand in an upright position with shoulders over hips, and hips over ankles. Bring one arm directly across the chest, keeping it straight, and use the opposite arm to gently pull it closer to the body. Keep shoulders relaxed, and away from the ears. *Repeat on both sides.*



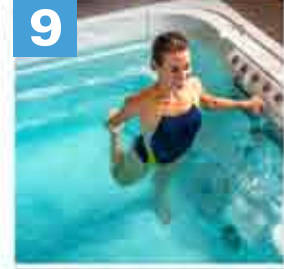
6 Lunge Hip Flexor Stretch
Hold stretch for 20 - 30 seconds
Stand in the middle of the swim spa with the right foot forward and left foot backward. Keeping shoulders over hips, gently bend through the right knee, keeping the left leg straight, until you feel the stretch in the left hip flexor. *Repeat on both sides.*



7 Glute Stretch
Hold stretch for 20 - 30 seconds
Begin holding on to the exercise bar, before taking the right foot and lifting it gently above the left knee. Bend through the left knee, keeping your bodyweight in the left heel, coming to a "seated" position. Keep the right foot flexed, and right knee wide. *Repeat on both sides.*



8 Calf Stretch
Hold stretch for 20 - 30 seconds
Begin holding onto the exercise bar in an open stance, with right foot forward, and left foot backward. Bend through the right knee, leaning forward so that shoulders are in front of the hips, press the left heel into the swim spa floor to feel a stretch in the left calf. *Repeat on both sides.*



9 Quad Stretch
Hold stretch for 20 - 30 seconds
Begin holding onto the exercise bar, with shoulders over hips and hips over ankles. Shift your bodyweight into your left leg, and allow the right foot to float backwards towards the surface, flexing through the right knee. If your range of motion allows, take your right foot into your right hand, remaining in an upright standing position. For a full quad stretch, squeeze through the glutes and push your foot into your hand. *Repeat on both sides.*



10 Hamstring Stretch
Hold stretch for 20 - 30 seconds
Begin in an upright position, with hands on hips. Take the right foot approximately 6 inches in front of the left, placing the right heel on the swim spa floor with toes pointed up. Gently begin to fold at the hips bringing the chest towards the swim spa floor and keeping the right toes pointing towards the surface.

BEGINNER WORKOUTS:

These two Workout Programs below have been designed to provide a full body workout and keep you to a 30 minute time limit. They have also been designed so that you can change your routine. ***These are to be performed with the outlined 7 minute warm-up on Page 6 and the 5 minute Cool Down on Page 17.***

WORKOUT ONE

30 minute

1. Bicep Curl with Fan Paddles Open (Exercise 6, Page 7)
2. Lateral Raises with Fan Paddles (Exercise 7, Page 7)
3. Front Raises to Pull Downs with Fan Paddles (Exercise 8)
4. Core Rotation with Gloves (Exercise 13, Page 9)
5. Wall Push-Ups holding side wall or bar (Exercise 16, Page 10)
6. Seated Knee Tucks (Exercise 17, Page 10)
7. Squats (Exercise 18, Page 11)
8. Side Leg Raises (Exercise 20, Page 11)
9. Calf Raises (Exercise 23, Page 12)
10. Standing Crunches with Swim Noodle (Exercise 27, Page 14)

WORKOUT TWO

30 minute

1. Chest Press with Fan Paddles (Exercise 12 Page 21)
2. Triceps Kickbacks with Gloves (Exercise 10, Page 8)
3. Chest Flies with Gloves (Exercise 11, Page 8)
4. Reverse Flies with Gloves (Exercise 12, Page 9)
5. Lateral Pulldowns with Noodle (Exercise 25, Page 13)
6. Wood Chopper with Gloves (Exercise 14, Page 9)
7. Reverse Bicycle with Gloves (Exercise 15, Page 20)
8. Punch Lunges (Exercise 5, Page 18)
9. Dolphin Kick (Exercise 22, Page 24)
10. Leg Kickbacks (Exercise 24, Page 13)



**INTERMEDIATE:
Full Body Workout**

These intermediate exercises focus on improving your cardiovascular fitness, while building strength and challenging your balance. This workout is perfect for someone who is currently active, and is looking to improve overall fitness. The exercises included in this workout focus on taking the exclusive Hydropool Cross Training exercises to the next level, and should be conducted in the order in which they are presented in the manual. Repetitions in this workout aim for a medium intensity, and the tools utilized are more challenging than the beginner program.

If you would like to increase the intensity at any point, you can increase the number of repetitions performed. If you are monitoring your heart rate, aim to reach 70-80% of your max at several points throughout the workout. Before you enter the swim spa, ensure you have your gloves, fan paddles, dumbbells and noodle close by.

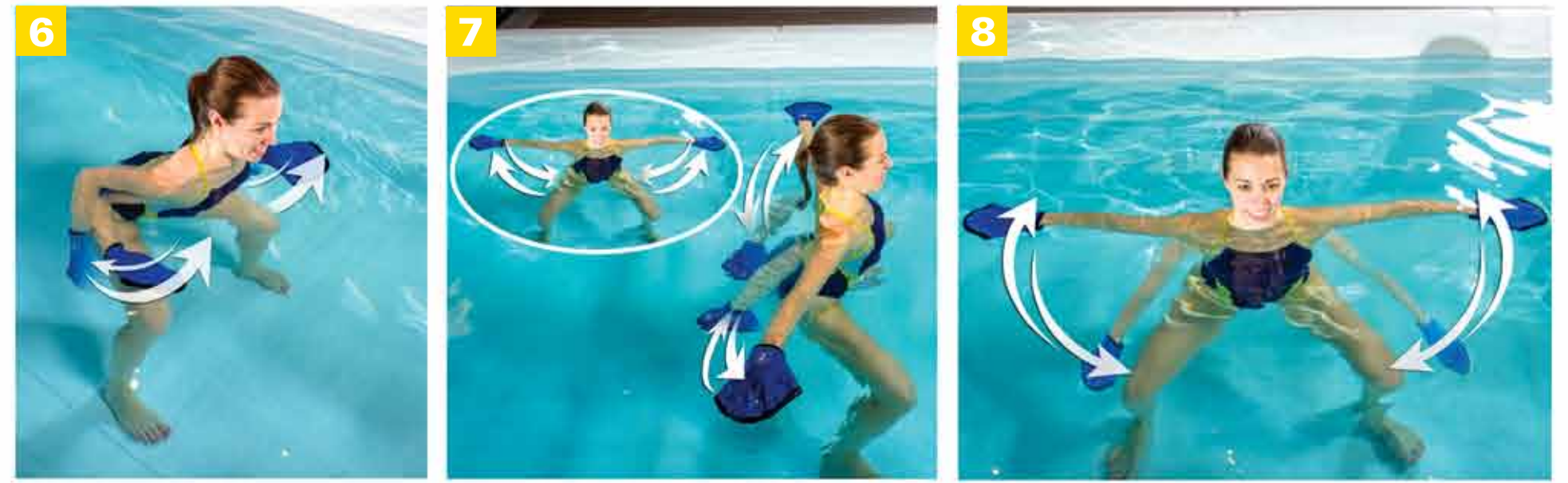


WARM-UP EXERCISES



- Let's begin...**
- 1 Walking** *Time 1 Minute.*
Begin by standing in the middle of the swim area and walk in place, bringing knees slightly up, gazing forward and swinging your arms. Keep relaxed shoulders over hips and focus on stabilizing the core while maintaining a consistent body position in the swim spa. *For the intermediate program, it is recommended to set the swim spa jets at 3 - 4 for your warm-up.*
 - 2 High Knees** *Time: 1 Minute Reps: 20 - 25 / Leg*
Begin in a standing position in the middle of the swim area, facing the swim spa jets. Raise the knee to waist height and then drop the leg back down to starting position, alternating the action with your opposite leg (similar to marching). Feet should strike the bottom of the swim spa in a deliberate manner. Gloves can be used for sculling and will help with balance. *Repeat action for 20 - 25 reps per leg.*
 - 3 Squats** *Time: 1 Minute. Reps: 20 - 30*
Begin in a standing position in the middle of the swim area, facing the swim spa jets, feet hip-width apart. Place hands on the hips, elbows slightly out. With heavy heels, slowly crouch or assume a seated position. Then rise to an upright body position and repeat the movement. *Complete 20 - 30 reps.*
 - 4 Chest Flies** with Gloves *Time: 1 Minute. Reps: 15 - 20*
Begin in a seated position, with shoulders submerged at water surface height. Knees are wide and feet wider than shoulders. Extend arms straight out by your side, palms open, facing the front spa jets. Keep elbows slightly bent, shoulders back, and bring both hands forward, to the front of the body, pushing the water intently. Once this movement is complete, turn palms face down to "slice" the water and return arms to starting position. *Complete 15 - 20 reps.*
 - 5 Punch Lunges** with Gloves *Time: 1 Minute. Reps: 10 - 15 / Leg & Arm*
Begin by standing in neutral position. Step forward with your right foot, and bend the right leg to 90 degrees, while keeping the left (back) leg straight. Extend your left arm forward, and keep your right arm bent at your side. Gently bending into the knees, rebound (or hop) off of the swim spa floor, bringing the left foot forward and the right foot back. Using your arms for momentum, continue to "punch" forward, with opposite arm to leg. *Complete 10-15 reps per leg and arm.*

EXERCISES 38 MINUTES...



- 6 Bicep Curls** with Gloves *2 Sets, Reps: 10 - 15 Each*
Begin in a seated position, with feet hip width apart, arms straight down at your sides, elbows tucked in and palms facing forward. Keeping knees bent, engage abdominals and slowly curl (bend at the elbow / hinge) both arms upward until the hands come to the water's surface and are in front of the shoulders. Turn palms to face each other to "slice" the water as you lower the hands back to the starting position and repeat motion. *Complete 2 sets of 10 - 15 reps.*
- 7 Lateral Raises** with Gloves *2 Sets, Reps: 10 - 15 Each*
Begin in a seated position, facing the swim jets, with feet and legs shoulder - width apart, toes pointed outward. Starting with your hands at your sides, palms facing in, slowly raise arms out to the sides, keeping palms face down. Turn palms to face the swim spa jets to "slice" the water, and returning the arms to your sides. *Complete 2 sets of 10 - 15 reps.*
- 8 Lateral Pull Downs** with Gloves *2 Sets, Reps: 10 - 15 Each*
Begin in a seated position, facing the swim jets, with feet and legs shoulder-width apart, toes pointed outward. Start with arms extended out to the sides, palms of hands facing down. Keeping your shoulders over your hips, and your abdominals engaged, draw your hands down towards your body, before turning palms towards the swim spa jets, and slicing the water to return to the starting position. *Complete 2 rounds of 10 - 15 reps.*

EXERCISES CONTINUED...



9 Front Raises to Pull Downs
with Gloves

2 Sets, Reps: 10 - 15 Each

Begin in a seated position, with feet and legs shoulder-width apart, and arms straight out in front of you at shoulder-height with palms facing the swim spa floor. Lower your arms down to your sides, maintaining the position of your hands. Continue to raise and lower arms, keeping shoulders down and away from your ears. *Complete 2 rounds of 10 - 15-reps.*



10 Reverse Bicycle
with Gloves

2 Sets, Reps: 10 - 15 Each

Begin in a neutral standing position. Taking your bodyweight into your left leg, extend your right leg back, bending the knee to 90 degrees and keeping the foot and toes flexed. Once you have reached your maximum range of motion, begin to draw the leg forward past the standing position, extending through the knee and kicking the right heel forward. Bend the right knee and press the heel backwards to return to the starting position. *Complete 2 sets of 10 - 15 reps, per leg.*



11 Chest Flies
with Fan Paddles

2 Sets, Reps: 10 - 15 Each

Begin in a seated position, feet firmly planted, legs shoulder width apart, water at shoulder height. With arms extended to the sides, fan paddles submerged (thumbs up), bring your palms together, keeping arms straight in front of you. To return to the starting position, turn palms to face down and "slice" the water with the fan paddles. *Repeat to complete 2 sets of 10 - 15 reps.*



12 Chest Press
with Fan Paddles

2 Sets, Reps: 10 - 15 Each

Begin in a seated position, feet firmly planted, legs shoulder width apart, water at shoulder height (in a squat position). Shift body weight to the heels, with a straight lower back. Extend the arms to the sides and bend the elbows at 90°, with fan paddles submerged and fans pointing to the sides. Keeping paddles submerged, extend the arms to the front of the body (straightening the arms) so that the paddle fans touch each other. Leading with your elbows, bring the arms back to starting position. *Complete 2 rounds of 10 - 15 reps.*



13 Reverse Flies
with Fan Paddles

2 Sets, Reps: 10 - 15 Each

Begin in a seated position, feet firmly planted, legs shoulder width apart, water at shoulder height (in a squat position). Shift body weight to the heels, with a straight lower back. Extend the arms to the front with palms facing each other and fan paddles submerged. Keeping shoulders down away from your ears, with abdominals engaged, gently pull the arms backwards (arms wide open). Turn palms down to slice the water to return to starting position. *Complete 2 rounds of 10 - 15 reps.*

EXERCISES CONTINUED...



14 Core Rotation
with Fan Paddles

2 Sets, Reps: 10 - 15 Each Direction

Begin in a seated position, feet firmly planted, legs shoulder width apart, knees bent and water at shoulder height. Hold the paddle with both hands, straight out in front of the body, hands atop one another.

Keeping the back straight and hips forward, explosively twist the torso as far as possible to the left pushing your arms through the water. Reverse the motion, twisting as far as possible to the right.

Repeat to complete 2 sets of 10 - 15 reps in each direction.



15 Woodchopper
with Fan Paddles

2 Sets, Reps: 10 - 15 Each Side

Begin in a lunge position with right leg extended forward and left leg back, knees slightly bent. Stand firmly. Hold the paddle with both hands and arms extended arms forward just under the surface of the water.

Keep looking at the hands throughout the, engage abdominals, and twist torso to the right side only, in a downward / diagonal motion. Keep arms straight, and return arms up to the starting position, resisting the water's buoyancy to pull arms back to shoulder level. Switch to the other side by placing the left foot forward, right foot back.

Repeat to complete 2 sets of 10 - 15 reps, on each side.



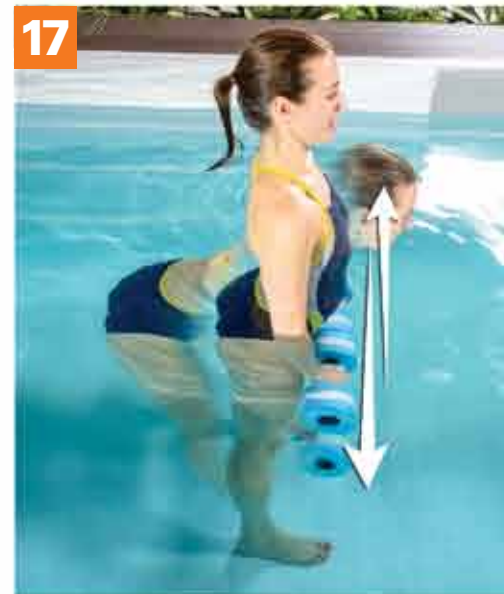
16 Triceps Kickbacks
Using Dumbbells

2 Sets, Reps: 10 - 15 Each

Begin in a seated position, with feet firmly planted and legs shoulder width apart. Lean forward at the hips until the upper body is at a 45° angle to the floor and pull stomach in.

With a dumbbell in each hand and elbow close to the waist, bend elbow at 90° so that the dumbbell is vertical. Extend / pull the forearm at the elbow behind the body until the entire arm is straight, outside of the thigh. Slowly return the arms to the starting position.

Complete 2 sets of 10-15 reps.



17 Standing Crunches
with Dumbbells

2 Sets, Reps: 10 - 15 Each

Begin in a standing position, feet hip-width apart, knees slightly bent. Hold a dumbbell in each hand, palms facing down. Extend the arms towards the swim spa floor, keeping hands a bit wider than shoulders and dumbbells submerged. Engage the abdominals, keep a straight back, bend at the waist (hinge) and push the dumbbells down to knee level. Slowly return to starting position, controlling the dumbbells.

Complete 2 sets of 10 - 15 reps.



18 Low Row
with Dumbbells

2 Sets, Reps: 10 - 15 Each

Begin in a lunge position, feet firmly planted and turned out for better balance. Chest is completely submerged with shoulders over hips.

With a dumbbell held vertically in each hand, extend the arms forward at shoulder-level, pause, then pull the dumbbells back in, keeping elbows tucked in to your core. Shoulder blades come together as the dumbbells are drawn backwards. Slowly return the dumbbells to the front of the body, and repeat.

Complete 2 sets of 10 - 15 reps, switching lunge position for each.



19 SunTan – Superman
with Dumbbells

3 Sets, Reps: 10 - 15 Each

Begin in a standing position, holding the dumbbells in front of the body, with arms extended. Lower the body into the water and extend the torso and legs to bring the body to float on the stomach (Superman /prone position). Hold for 5 seconds. In a fluid motion, bring dumbbells to the sides of the body, while drawing knees up to the chest and pushing the heels to the front of the body, extending the legs and body (Suntan /supine position).

Hold for 5 seconds and repeat sequence to complete 3 sets of 10 - 15 reps.

EXERCISES CONTINUED...


20 Side Fall Crunches
with Swim Noodle

2 Sets, Reps: 10 - 15 Each

Begin in a wide leg position, facing the side of the swim spa, with shoulders peeking out of the water. Extend arms to the side, palms down, holding the noodle in each hand across the shoulder blades and under the armpits. Keep the back straight and begin to "fall" to the right side, while pulling both knees up towards the chest. Push off the bottom, and draw knees back up, while "falling" to the left side. This will feel like slalom skiing.

Complete 2 sets of 10 - 15 total reps.


21 Floating Knee Tucks
with Swim Noodle

2 Sets, Reps: 10 - 15 Each

Begin in a seated position. Extend arms to the side, palms down, holding the noodle in each hand across the shoulder blades and under the armpits. Engage abdominals and bending at the hip, extend the legs out keeping knees slightly bent, pushing out from the heels. Then draw the legs back bringing the knees up to the chest.

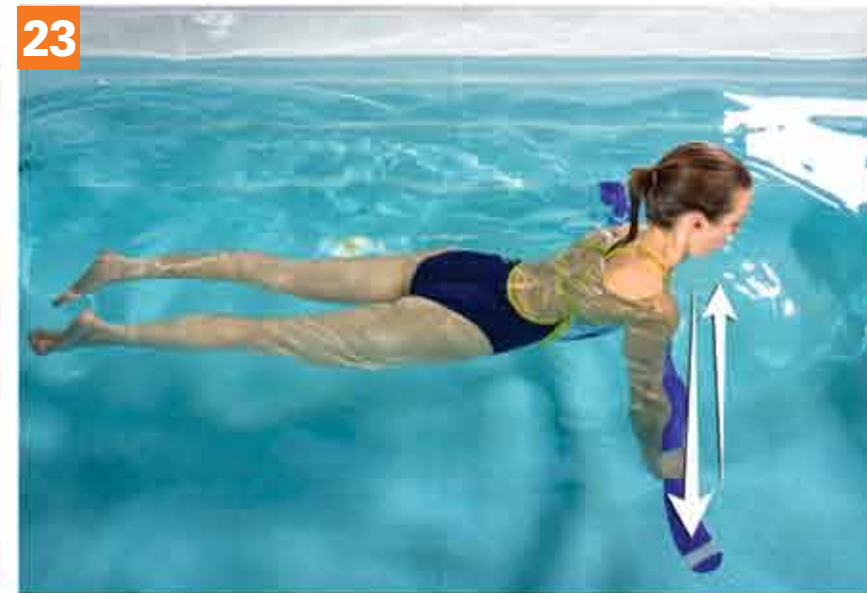
Complete 2 rounds of 10-15 reps.


22 Dolphin Kick
with Swim Noodle

2 Sets, Reps: 10 - 15 Each

Begin by sitting on the noodle, holding on to the ends for balance. Knees are bent at 90 degrees. Extend both legs, flexing through the feet. Once legs are fully extended, point the toes, and draw them back below the body.

Repeat to complete 2 sets of 10 - 15 reps.


23 Push-Ups
with Swim Noodle

2 Sets, Reps: 10 - 15 Each

Begin in a standing position. Grasp the swim noodle with both hands aligned in front of the shoulders. Submerge the noodle, extending the arms down towards the swim spa floor (noodle is parallel to the floor). Extend legs and torso backwards to reach a front-float position. Keeping the body straight, bend elbows to a 90-degree angle, and push the noodle back down by straightening the arms, all while engaging the abdominals.

Complete 2 rounds of 10-15 reps.



COOL DOWN STRETCHES

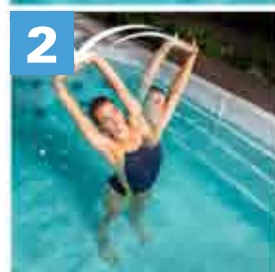
Let's begin...



1 Overhead Stretch

Hold stretch for 20 - 30 seconds

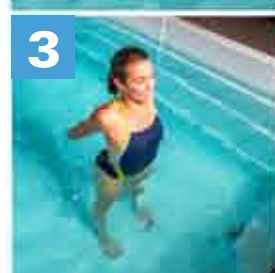
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together and lift them up overhead, turning palms to face the sky.



2 Side Stretch

Hold stretch for 20 - 30 seconds

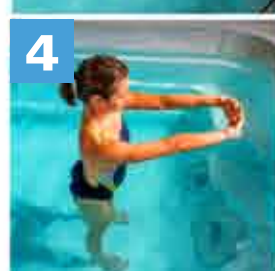
Continue through the overhead stretch by gently leading with the hands and shoulders to lean to one side, before returning to centre, and then leaning to the opposite side.



3 Shoulder Stretch

Hold stretch for 20 - 30 seconds

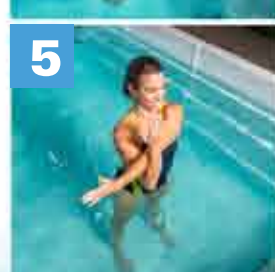
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together behind your back, and gently pull shoulder blades together, keeping shoulders down and away from your ears. If range of motion allows, slowly lift hands up towards the sky.



4 Rhomboid Stretch

Hold stretch for 20 - 30 seconds

Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together in front of the body, extending through the arms and pressing palms outwards. Gently draw your chin to your chest.



5 Trap and Rotator Cuff Stretch

Hold stretch for 20 - 30 seconds

Stand in an upright position with shoulders over hips, and hips over ankles. Bring one arm directly across the chest, keeping it straight, and use the opposite arm to gently pull it closer to the body. Keep shoulders relaxed, and away from the ears. Repeat on both sides.



6 Lunge Hip Flexor Stretch

Hold stretch for 20 - 30 seconds

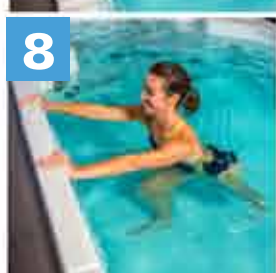
Stand in the middle of the swim spa with the right foot forward and left foot backward. Keeping shoulders over hips, gently bend through the right knee, keeping the left leg straight, until you feel the stretch in the left hip flexor. Repeat on both sides.



7 Glute Stretch

Hold stretch for 20 - 30 seconds

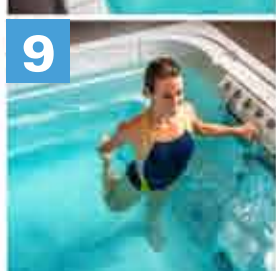
Begin holding on to the exercise bar, before taking the right foot and lifting it gently above the left knee. Bend through the left knee, keeping your bodyweight in the left heel, coming to a "seated" position. Keep the right foot flexed, and right knee wide. Repeat on both sides.



8 Calf Stretch

Hold stretch for 20 - 30 seconds

Begin holding onto the exercise bar in an open stance, with right foot forward, and left foot backward. Bend through the right knee, leaning forward so that shoulders are in front of the hips, press the left heel into the swim spa floor to feel a stretch in the left calf. Repeat on both sides.



9 Quad Stretch

Hold stretch for 20 - 30 seconds

Begin holding onto the exercise bar, with shoulders over hips and hips over ankles. Shift your bodyweight into your left leg, and allow the right foot to float backwards towards the surface, flexing through the right knee. If your range of motion allows, take your right foot into your right hand, remaining in an upright standing position. For a full quad stretch, squeeze through the glutes and push your foot into your hand. Repeat on both sides.



10 Hamstring Stretch

Hold stretch for 20 - 30 seconds

Begin in an upright position, with hands on hips. Take the right foot approximately 6 inches in front of the left, placing the right heel on the swim spa floor with toes pointed up. Gently begin to fold at the hips bringing the chest towards the swim spa floor and keeping the right toes pointing towards the surface.

INTERMEDIATE WORKOUTS:

These two Workout Programs below have been designed to provide a full body workout and keep you to a 45 minute time limit. They have also been designed so that you can change your routine and have variety. **These are to be performed with the outlined 5 minute warm-up on Page 18 and the 5 minute Cool Down on Page 26.**

WORKOUT ONE

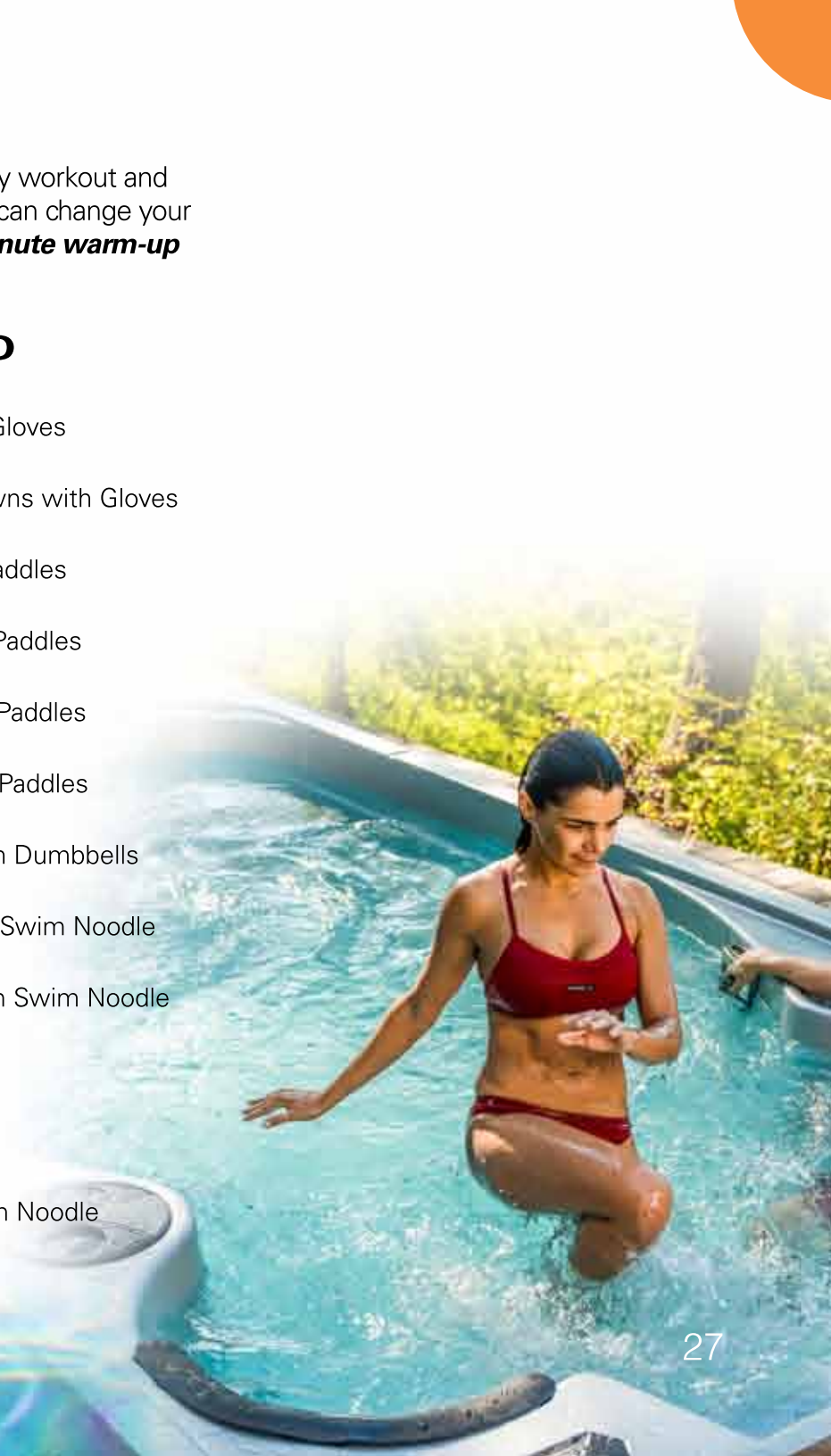
45 minute

1. Bicep Curl (Exercise 6, Page 19)
2. Lateral Raises with Gloves (Exercise 7, Page 19)
3. Chest Flies with Fan Paddles (Exercise 11, Page 21)
4. Triceps Kickbacks with Dumbbells (Exercise 16, Page 22)
5. Standing Crunches with Dumbbells with Dumbbells (Exercise 17, Page 23)
6. Low Row with Resistance Bands (Exercise 21, Page 35)
7. Floating Knee Tucks with Swim Noodle (Exercise 21, Page 24)
8. Chest Press with Dumbbells (Exercise 18, Page 23)
9. SunTan – Superman with Dumbbells (Exercise 19, Page 23)
10. Lateral Pull Downs with Dumbbells (Exercise 5, Page 25)
11. Push Ups with Dumbbells (Exercise 9, Page 30)
12. Skier Knee Tucks with Gloves (Exercise 12, Page 33)
13. Floating Knee Tucks With Gloves (Exercise 11, Page 31)

WORKOUT TWO

45 minute

1. Lateral Pulldowns with Gloves (Exercise 8, Page 19)
2. Front Raises to Pull Downs with Gloves (Exercise 9, Page 20)
3. Chest Press with Fan Paddles (Exercise 12, Page 21)
4. Reverse Flies with Fan Paddles (Exercise 13, Page 21)
5. Core Rotation with Fan Paddles (Exercise 14, Page 22)
6. Woodchopper with Fan Paddles (Exercise 15, Page 22)
7. SunTan – Superman with Dumbbells (Exercise 19, Page 23)
8. Side Fall Crunches with Swim Noodle (Exercise 20, Page 24)
9. Floating Knee Tucks with Swim Noodle (Exercise 21, Page 24)
10. Lunges (Exercise 19, Page 11)
11. Side Leg Cross (Exercise 21, Page 12)
12. Side Fall Crunches with Noodle (Exercise 20, Page 24)
13. Push Ups with Noodle (Exercise 23, Page 25)



**ADVANCED:
Full Body Workout**

These advanced exercises are for athletes looking to add variety and challenge to their current program. It is an opportunity to increase functional fitness while building strength and challenging cardiovascular endurance. This workout is perfect for someone who is currently very active, or is training for competitive sport. The exercises included in this workout utilize all of the exclusive Hydropool Cross Training Fitness Kit, and can be modified for maximum workout benefits. If you are monitoring your heart rate, aim to maintain 70-80%, while reaching 80-90% at various points throughout your workout. Before you enter the swim spa, ensure you have your gloves, dumbbells and resistance band close by.

WARM-UP EXERCISES



Let's begin...

1 Jogging *Time 3 Minute.*
Begin by standing in the middle of the swim area and jog in place. Keep shoulders over hips, and allow your arms to swing front to back, in a normal jogging motion. Gently rebounding off of the swim spa floor, ensure your shoulders remain over your hips, and heels are striking the floor.

Use the intensity of the jets to slowly add challenge, starting at 3-4 and increasing the level every 1-2 minutes.

2 Squat Jumps Standing in the Swim Area
Time: 2 Min. Reps: 20-30

Begin standing in the middle of the swim spa, facing the jets and sculling the water for balance. Taking your bodyweight into your heels, begin to sit backwards, bending through the knees and keeping your chest upright.

Exploding upwards, allowing the feet to leave the swim spa floor return to an upright position. *Gently bend through the knees as the feet land, and repeat move 20-30 times.*

3 Jogging High Knees Standing in the Swim Area
Time: 1 Minute. Reps: 20-30

Begin in a standing position in the middle of the swim area, facing the swim spa jets. Raise the knee to waist height and then drop the leg back down to starting position, alternating the action while rebounding off of the swim spa floor.

Feet should strike the bottom of the swim spa in a deliberate manner (heels touching down) with a goal of getting knees high out of the water. *Complete 20-30 reps.*

4 Jacks Standing in the Swim Area
Time: 1 Minute. Reps: 20-30

Begin in a neutral position, with shoulders under the water and feet wide, with arms extended to the side. Keeping your shoulders and hands submerged, pull legs together, and bring hands to the center of the body, palms together.

Continue by pressing palms away from the body, outstretching the arms, and returning the legs to a wide stance. *Continue for 20-30 reps.*
To increase the intensity of this exercise, rebound off of the swim spa floor, and increase the pace.

EXERCISES 60 MINUTES...



5 Lateral Pulldowns with Dumbbells

3 Sets, Reps: 20-30 Each

Begin with shoulders submerged, facing the swim spa jets, with feet and legs wide, toes pointed forward. With arms extended to the sides, and a dumbbell in each hand, begin with palms of hands facing down. Keeping shoulders over hips and abdominals engaged, draw the hands down to the sides of the body. Gently allow the dumbbells to return to the water's surface, maintaining control.

Complete 3 rounds of 20-30 reps.
To increase the cardiovascular intensity in this exercise, add a "jack" motion, by bringing the legs together, at the same time as the arms.



6 Core Rotations with Dumbbells

3 Sets, Reps: 20-30 Each

Begin in a seated position, feet firmly planted, legs shoulder width apart, knees bent and water at shoulder height. Hold a dumbbell with both hands atop one another and extend the arms forward, dumbbell completely submerged. Keeping shoulders over hips, gently twist the torso as far as possible to the left pushing your arms through the water. Reverse the motion, twisting as far as possible to the right.

Repeat to complete 3 rounds of 20-30 reps.
To increase the intensity, add an alternating jump lunge, bringing one foot forward, and one foot backwards, alternating and rebounding off of the swim spa floor.



7 Wood Chopper with Dumbbells

3 Sets, Reps: 20-30 Each

Begin in a lunge position with right leg extended forward and left leg back, knees slightly bent. Stand firmly. Hold dumbbell with both hands, arms extended arms under the surface of the water. Keep looking at your hands throughout the exercise, engage abdominals, and twist torso to the right side only, in a downward / diagonal forceful motion. Keep arms straight, and return arms to the starting position, resisting the water's buoyancy to pull arms back to shoulder level. Switch to the other side by placing the left foot forward, right foot back. *Repeat to complete 3 sets of 20-30 reps in total.*

To increase the challenge of this exercise, add an alternating jump lunge, bringing one foot forward, and one foot backwards, alternating and rebounding off of the swim spa floor.

EXERCISES CONTINUED...



8 Side Fall Crunches
with Dumbbells
3 Sets, Reps: 20 - 30 Each

Begin in a seated position, facing the side of the swim spa, shoulders peeking out of the water. Legs are wide apart and toes pointed outward for balance. With a dumbbell in each hand, palms facing down, extend arms to the side, and begin to fall to the right side, while bringing both knees up towards the right shoulder. Land both feet under the right shoulder and push off of the swim spa floor while, falling to the left side, and drawing the knees up towards the left shoulder. This should feel like slalom skiing.
Complete 3 sets of 20 - 30 reps total.



9 Push-Ups
with Dumbbells
3 Sets, Reps: 20

Begin in a seated position. With a dumbbell in each hand, extend the arms out to the sides, palms facing down, and submerge the dumbbells, bending the elbows at 90°. Extend legs and torso backwards to reach a front - float position. Keeping the body straight, push the dumbbells down towards the floor of the spa by straightening the arms. Be sure to keep the abdominals engaged.
Complete 3 sets of 20 reps. To increase the intensity of this exercise, alternate bringing one knee up towards the chest in a "running man" movement, while pushing and pulling the dumbbells.



10 SunTan - Superman
with Dumbbells
3 Sets, Reps: 20 - 30 Each

Begin in a standing position, bring dumbbells in front of your body, with arms extended. Lower the body into the water and extend the torso and legs to bring the body to float on the stomach (Superman / prone position). Without pause, and in a fluid motion, bring the dumbbells to the sides of the body, while drawing knees up to the chest and pushing the heels to the front of the body, extending the legs and body (Suntan / supine position). *Complete 3 sets of 20-30 reps. To increase the intensity of this exercise, pick up the pace!*



11 Floating Knee Tucks
with Gloves
3 Sets, Reps: 20 - 30 Each

Begin in a seated position, with your gloved hands at your sides sculling the water vigorously for balance. Engage abdominals and extend the legs out keeping knees slightly bent, pushing out from the heels. Then draw the legs forward bringing the knees up to the chest.
Complete 3 sets of 20 - 30 reps.

EXERCISES CONTINUED...



12 Skier Knee Tucks
with Gloves

3 Sets, Reps: 20 - 30 Each

Begin in a lunge position with hands sculling at your side for balance. Begin the exercise by moving in a cross-country skiing stride, moving the legs back and forth with a slight jump and arms swinging forward and back, opposite arm to leg.

Keep yourself in the same place in the swim spa, completing 3 sets of 20 - 30 reps total. To increase the intensity of this exercise, pick up the pace while vigorously pumping the arms and splashing the water.



13 Triceps Extensions
with Resistance Band

3 Sets, Reps: 20 - 30 Each

Begin by attaching the resistance band to the anchor point at the jet end of the swim spa. Stand with your back to the jets, feet shoulder width apart, holding the handle of the resistance band with each hand. Reach high overhead pressing palms towards the sky. Moving only the forearms (hinge at the elbows) gently drop your hands behind your head, bringing the arms to 90°, while keeping the elbow directly above the shoulder.

Keeping abdominals, glutes and quads engaged, pull the resistance band to return to starting position.

Complete 3 sets of 20 - 30 reps. To increase the intensity of this exercise, move farther away from the swim spa jets.



14 Chest Flies
with Resistance Band

3 Sets, Reps: 20 - 30 Each

Begin by attaching the resistance band to the anchor point at the jet end of the swim spa. Face away from the jet end. In a lunge position, water at shoulder height, hold the handles of the resistance bands and stretch the arms out to the sides, palms facing forwards, hands submerged. Take a step to create tension in the band. Keeping your arms level at shoulder height, bend elbow slightly and pull both hands forward to bring palms together. Gently allow arms to return to the starting position, maintaining control. Repeat to complete 3 sets of 20 - 30 reps. To increase the intensity of this exercise, move away from the swim spa jets.



15 Chest Press
with Resistance Band

3 Sets, Reps: 20 - 30 Each

Begin with resistance band attached to the anchor point at the jet end of the swim spa. Face away from the jet end. Take a step to create tension in the resistance band. In a lunge position, water at shoulder height, hold the handles of the resistance bands with palms facing forward, and arms out to the sides, with elbows at 90°, level with shoulders and hands submerged. Keeping shoulders over hips, push to extend the arms forwards (straightening the arms) so that the hands are in line with the shoulders. Return arms slowly back to starting position.

Complete 3 sets of 20 - 30 reps. To increase the intensity of this exercise, move away from the swim spa jets.



16 Biceps Curls
with Resistance Band

3 Sets, Reps: 10 - 15 Each

Begin by attaching the resistance band to the anchor point at the jet end of the swim spa. Face the jet end of the spa. With a resistance band handle in each hand, take a step backwards to create tension in the resistance band. In a standing position, with feet hip width apart, start with palms facing up and elbows tucked in. Keep knees slightly bent and engage abdominals.

Slowly curl (bend at the elbow / hinge) the arms upward until the hands are in front of the shoulders. Slowly lower the hands back to the starting position and repeat motion. Complete 3 sets of 10 - 15 reps.



EXERCISES CONTINUED...



17 Reverse Flies
with Resistance Band
3 Sets, Reps: 20 - 30 Each

Begin by attaching the resistance band to the anchor point at the jet end of the swim spa. Face the jet end of the spa. With a resistance band handle in each hand, take a step backwards to create tension in the resistance band. In a squat position, feet firmly planted, legs shoulder width apart, water at shoulder height, shift body weight to the heels, keeping shoulders over hips. Start with arms extended strong in front of the body, with palms facing each other. Keeping shoulders down, away from the ears, pull the arms wide open, keeping elbows slightly bent, and hands submerged. Allow the arms to return to the start position, maintaining control and body position. Repeat to complete 3 sets of 20 - 30 reps.



18 Lateral Raises
with Resistance Band
3 Sets, Reps: 20 - 30 Each

Begin in a standing position, with feet and legs shoulder-width apart, toes pointed forward and resistance band under the arch of your feet. With a resistance band handle in each hand, and palms facing the body, extend arms straight out to the sides until hands are at shoulder height. Gently lower the arms back down to the sides and repeat. Complete 3 sets of 20 - 30 reps. To increase the intensity of this exercise, cross the resistance band in front of you, to add tension.



19 Front Raises
with Resistance Band
3 Sets, Reps: 20 - 30 Each

Begin in a standing position, with feet and legs shoulder-width apart, toes pointed outward. With a resistance band handle in each hand, extend arms down each side of the body and step onto the resistance band so it crosses under both feet. With palms of hands facing down, pull arms straight to the front of the body, until hands are at shoulder height. Allow the arms to return to the side body and repeat. Complete 3 sets of 20 - 30 reps.



20 Squats
with Resistance Band
Reps: 7 - 8

Begin in a standing position, with feet and legs shoulder-width apart, toes pointed outward. With a resistance band handle in each hand, extend arms down each side of the body and step onto the resistance band so it crosses under both feet. Keeping shoulders over hips, bend at the knees so that the torso is completely submerged. Bring the hands up to shoulder-level, elbows bent at 90 degrees, palms facing the sky. Extend the legs fully and extend the arms fully with hands above the shoulders, creating tension in the resistance band. Slowly lower back down by bending at the knees, maintaining heavy heels. Complete 3 rounds of 20 - 30 reps.



21 Low Row
with Resistance Band
3 Sets, Reps: 20 - 30 Each

Begin by attaching the resistance band to the anchor point at the jet end of the swim spa. Face the jet end of the spa. With a resistance band handle in each hand, take a step to create tension in the resistance band. In a seated position, feet firmly planted, legs shoulder width apart and water at shoulder-height, extend the arms so that the hands are in front of the hips, with palms facing each other. Slowly begin to pull the resistance band back, keeping elbows at the sides of the body, and arms bent at 90 degrees. Shoulder blades come together as the band is drawn back. Slowly return the hands to the front of the body, and repeat. Complete 3 sets of 20 - 30 reps.

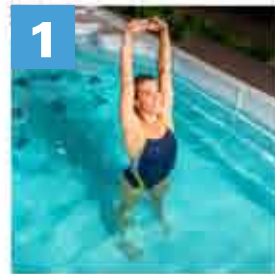


22 High Row
with Resistance Band
3 Sets, Reps: 20 - 30 Each

Begin by attaching the resistance band to the anchor point at the jet end of the swim spa. Face the jet end of the spa. Holding a resistance band handle in each hand, take a step to create tension in the resistance band. In a seated position, feet firmly planted, legs shoulder width apart and water at shoulder height, extend the arms forwards keeping palms facing down. Slowly begin to pull the resistance band backwards, bringing elbows wide, and arms to 90 degrees. Keep hands staying at shoulder-height (creating tension in the resistance band), while slowly extending the arms so that the hands are in line with the shoulders. Repeat, keeping shoulders over hips and feeling shoulder blades coming together. Complete 3 sets of 20 - 30 reps.

COOL DOWN STRETCHES

Let's begin...



1 Overhead Stretch

Hold stretch for 20 - 30 seconds

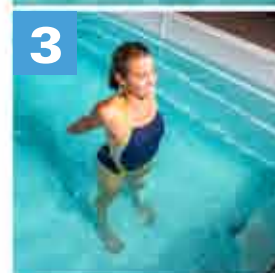
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together and lift them up overhead, turning palms to face the sky.



2 Side Stretch

Hold stretch for 20 - 30 seconds

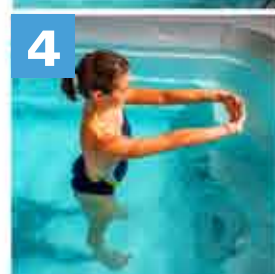
Continue through the overhead stretch by gently leading with the hands and shoulders to lean to one side, before returning to centre, and then leaning to the opposite side.



3 Shoulder Stretch

Hold stretch for 20 - 30 seconds

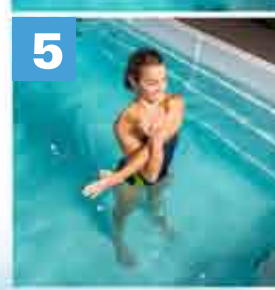
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together behind your back, and gently pull shoulder blades together, keeping shoulders down and away from your ears. If range of motion allows, slowly lift hands up towards the sky.



4 Rhomboid Stretch

Hold stretch for 20 - 30 seconds

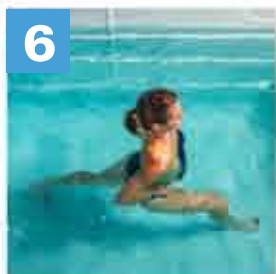
Stand in an upright position with shoulders over hips and hips over ankles. Clasp hands together in front of the body, extending through the arms and pressing palms outwards. Gently draw your chin to your chest.



5 Trap and Rotator Cuff Stretch

Hold stretch for 20 - 30 seconds

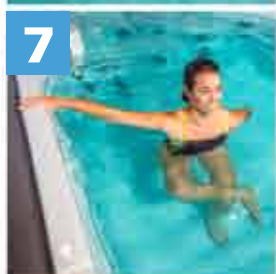
Stand in an upright position with shoulders over hips, and hips over ankles. Bring one arm directly across the chest, keeping it straight, and use the opposite arm to gently pull it closer to the body. Keep shoulders relaxed, and away from the ears. Repeat on both sides.



6 Lunge Hip Flexor Stretch

Hold stretch for 20 - 30 seconds

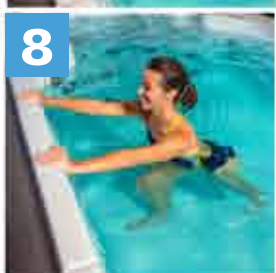
Stand in the middle of the swim spa with the right foot forward and left foot backward. Keeping shoulders over hips, gently bend through the right knee, keeping the left leg straight, until you feel the stretch in the left hip flexor. Repeat on both sides.



7 Glute Stretch

Hold stretch for 20 - 30 seconds

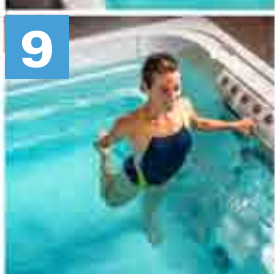
Begin holding on to the exercise bar, before taking the right foot and lifting it gently above the left knee. Bend through the left knee, keeping your bodyweight in the left heel, coming to a "seated" position. Keep the right foot flexed, and right knee wide. Repeat on both sides.



8 Calf Stretch

Hold stretch for 20 - 30 seconds

Begin holding onto the exercise bar in an open stance, with right foot forward, and left foot backward. Bend through the right knee, leaning forward so that shoulders are in front of the hips, press the left heel into the swim spa floor to feel a stretch in the left calf. Repeat on both sides.



9 Quad Stretch

Hold stretch for 20 - 30 seconds

Begin holding onto the exercise bar, with shoulders over hips and hips over ankles. Shift your bodyweight into your left leg, and allow the right foot to float backwards towards the surface, flexing through the right knee. If your range of motion allows, take your right foot into your right hand, remaining in an upright standing position. For a full quad stretch, squeeze through the glutes and push your foot into your hand. Repeat on both sides.



10 Hamstring Stretch

Hold stretch for 20 - 30 seconds

Begin in an upright position, with hands on hips. Take the right foot approximately 6 inches in front of the left, placing the right heel on the swim spa floor with toes pointed up. Gently begin to fold at the hips bringing the chest towards the swim spa floor and keeping the right toes pointing towards the surface.

ADVANCED WORKOUTS:

These two Workout Programs below have been designed to provide a full body workout and keep you to a 60 minute time limit. They have also been designed so that you can change your routine and have variety. **These are to be performed with the outlined 7 minute warm-up on Page 28 and the 5 minute Cool Down on Page 36.**

WORKOUT ONE

60 minute

1. Lateral Pulldowns with Dumbbells (Exercise 5, Page 29)
2. Core Rotation with Dumbbells (Exercise 6, Page 29)
3. Push-Ups with Dumbbells (Exercise 9, Page 30)
4. SunTan – Superman with Dumbbells (Exercise 10, Page 31)
5. Skier Knee Tucks with Gloves (Exercise 12, Page 32)
6. Triceps Extensions with Resistance Band (Exercise 13, Page 32)
7. Chest Press with Resistance Band (Exercise 15, Page 33)
8. Reverse Flies with Resistance Band (Exercise 17, Page 34)
9. Front Raises Using a Resistance Band (Exercise 19, Page 34)
10. Dumbbell Push Ups (Exercise 11, Page 31)
11. SunTan – Superman with Dumbbells (Exercise 10, Page 31)
12. Floating Knee Tucks with Gloves (Exercise 11, Page 31)
13. Chest Flies with Resistance Bands (Exercise 14, Page 32)
14. Reverse Flies with Resistance Bands (Exercise 17, Page 34)

WORKOUT TWO

60 minute

1. Wood Chopper with Dumbbells (Exercise 7, Page 29)
2. Side Fall Crunches with Dumbbells (Exercise 8, Page 30)
3. SunTan – Superman with Dumbbells (Exercise 10, Page 31)
4. Side Fall Crunches with Dumbbells (Exercise 8, Page 30)
5. Skier Knee Tucks with Gloves (Exercise 12, Page 32)
6. Floating Knee Tucks (Exercise 11, Page 31)
7. Chest Flies with Resistance Band (Exercise 14, Page 32)
8. Biceps Curls with Resistance Band (Exercise 16, Page 33)
9. Lateral Raises Using a Resistance Band (Exercise 18, Page 34)
10. Front Raises with Resistance Band (Exercise 19, Page 34)
10. Squats with Resistance Band (Exercise 20, Page 35)
11. Low Row with Resistance Band (Exercise 21, Page 35)
12. High Row with Resistance Band (Exercise 22, Page 35)



The Perfect Exercises in the Perfect Pool.

Your Hydropool Swim Spa can provide an endless array of enjoyment from family fun to the serious swimmer to the every day athlete and the Triathlon Athlete. Its all in how you bring our swim spa into your lifestyle. The perfect pool for so many reasons from size to the end use the Hydropool Swim Spa will provide you with enjoyment, fitness and a chance to create time for what matters to you.

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