

Water Circuit Training #3

Category: The difficulty of this workout can vary with the number of repetitions and sets an individual does

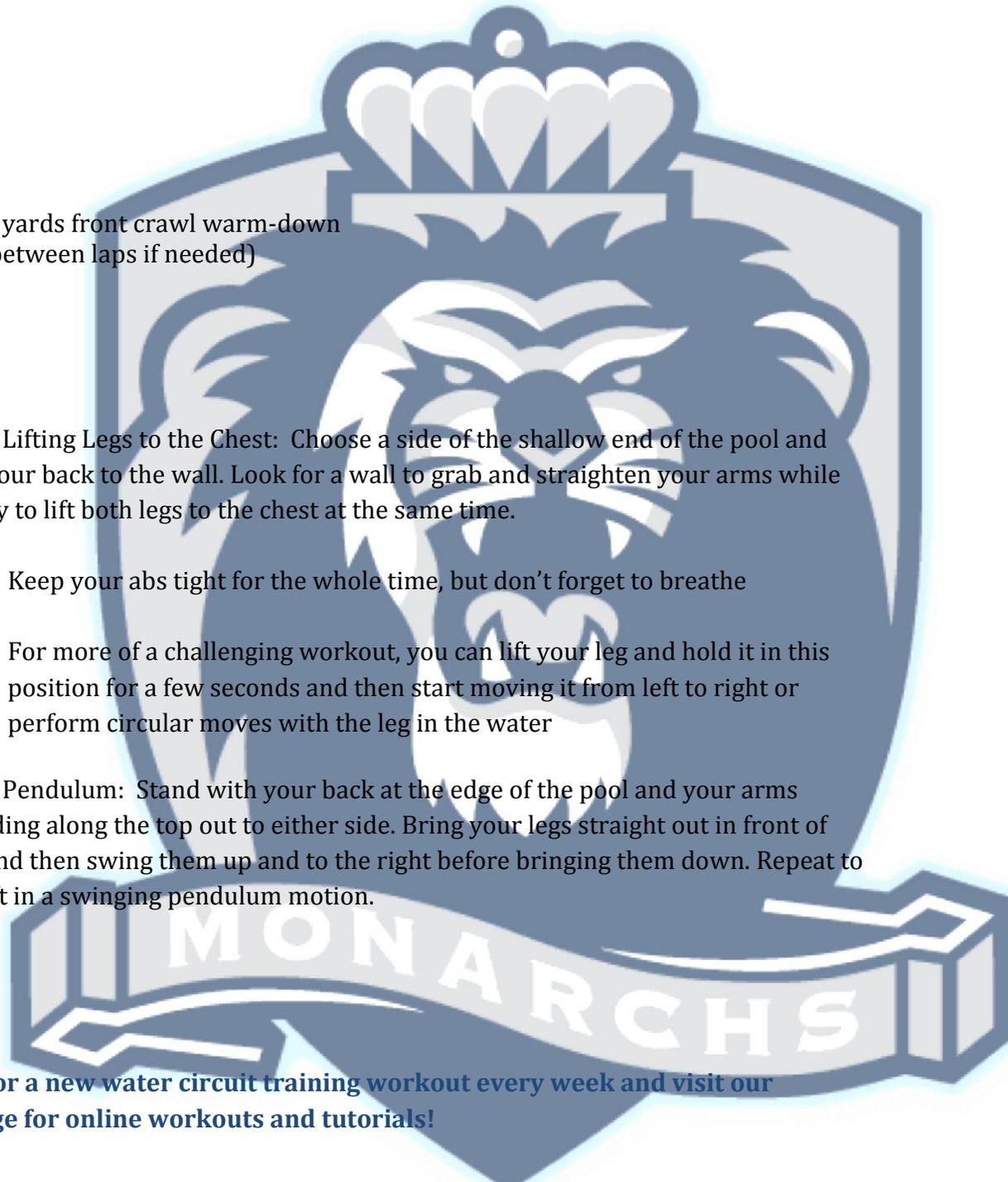
Muscles Targeted: Lower Body and Abs

Equipment Needed: Kickboard

Lower Body:

- 2 x 50 yards front crawl warm-up (rest between laps if needed)
- 4 x 50 yards kicking with kickboard fully extended in front of you (rest between laps if needed).
- 4 x Lunges – Start in the shallow end of the pool, you can do these in the same fashion that you do on land. Start in the lunge position and switch legs while you lunge forward until the water starts to deepen. Repeat.
- 5 x 1 minute treading water – Go to the deep end of the pool and tread water in 1 minute segments with hands out of the water or tucked under armpits. (Make every other segment as fast as possible)
- 4 x 50 yards kicking with kickboard fully extended in front of you (rest between laps if needed).



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- 2 x 50 yards front crawl warm-down (rest between laps if needed)

Abs:

- 5 x 10 Lifting Legs to the Chest: Choose a side of the shallow end of the pool and turn your back to the wall. Look for a wall to grab and straighten your arms while you try to lift both legs to the chest at the same time.
 - Keep your abs tight for the whole time, but don't forget to breathe
 - For more of a challenging workout, you can lift your leg and hold it in this position for a few seconds and then start moving it from left to right or perform circular moves with the leg in the water
- 5 x 10 Pendulum: Stand with your back at the edge of the pool and your arms extending along the top out to either side. Bring your legs straight out in front of you, and then swing them up and to the right before bringing them down. Repeat to the left in a swinging pendulum motion.

Stay tuned for a new water circuit training workout every week and visit our Aquatics page for online workouts and tutorials!

“Believe that life is worth living and your belief will help create the fact.”

— *William James*

