

W.O.W.

WAC ON WELLNESS

COOL IN THE POOL

Take your workout into the pool to beat the summer heat! Water workouts can improve your cardiovascular fitness, muscular strength and flexibility without putting extra stress on you joints. This total body workout combines swimming and strength training.

TIME: 30-45 minutes

EQUIPMENT: Aqua Dumbbells
Kickboard

INSTRUCTIONS: Start by swimming the distance of the specified stroke. Then complete each bodyweight or aqua dumbbell exercise in the circuit for 45 seconds. Repeat each circuit 2-3 times before moving on to the next circuit.



BY KATIE LEUTE
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LEVEL	ADJUSTMENT
Beginner	Combine swimming and water jogging to reach 200 yards in each circuit
Intermediate	Decrease each lap by 1 stroke
Advanced	Little to no rest between exercises

Circuit 1

200 yards - Front Crawl
Jumping Jacks with Aqua Dumbbells
Standing Trunk Rotation with Aqua Dumbbells

Circuit 2

200 yards - Breast Stroke
Aqua Dumbbell Arm Curl
Aqua Dumbbell Fly

Circuit 3

200 yards - Kickboard Flutter Kick
Squat Jumps
Alternating Split Squat Jumps

See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow