



WATER CIRCUIT

Working out in the water improves your balance, trains the core muscles of your abdomen, increases your flexibility and boosts cardiovascular fitness. You'll also burn calories, reduce fat and lose weight at the same rate as working out on land. You've heard of Tabata or Interval Training? Take those same ideas and use them in the pool. Try this water Tabata routine next time you make a splash!

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Group Fitness Instructor

TOTAL WORKOUT TIME: 30-60 minutes

INSTRUCTION : Water Tabata is a total body workout and allows you to maximize your workout using an interval style workout. Using simple pool equipment and the resistance of the water, go as hard and fast as you can during the high interval and allow yourself to recover during your active recovery set. Perform each exercise for a minimum of 45-60 seconds. Repeat the total circuit as many times as you can within 45-60 minutes.

WARM-UP: Walk or run 2 full laps in the pool

WORKOUT:

- Perform each exercise for a minimum of 45-60 seconds.
- Each full circuit will take 15-20 minutes. Repeat as necessary.

CIRCUIT #1 – Kickboard & Wall-based Exercises

1. On the Wall:

- a. Flutter kick facing down
- b. Spiderman – climb the pool wall just like Spiderman! Bonus points if you can lift your upper body out of the water.

2. Using a Kickboard:

- a. Squat and push/pull the kickboard
- b. 1 handed push-ups – don't forget to switch sides!

Active Recovery: Walk or run 1 full lap before moving onto the next circuit.

CIRCUIT #2 – Hydro (Buoy) Weights

1. Jumping Jacks
2. Cross-Country Ski
3. Rocking Horse (don't forget to switch legs!)
4. Pendulum Swing
5. Side Dips

Active Recovery: Walk or run 1 full lap before moving onto the next circuit.

CIRCUIT #3 – Noodle

1. Bicycle Kicks
2. Scissor Kicks
3. Ab tucks
4. Plank
5. Sit & Swing

Active Recovery: Walk or run 1 full lap before moving onto the next circuit.

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



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