

# W.O.W.

WAC ON WELLNESS

## WATER WORKOUT

**TIME:** 20-30 minutes

**INSTRUCTIONS:** Walk, jog or run one length of the exercise pool. When you reach the end of the pool, complete the strength exercise listed below.

LEVEL	ADJUSTMENTS
Beginner	Walk; Complete the Workout
Intermediate	Jog; Complete 2 Rounds
Advanced	Run; Complete 3 Rounds

Forward Walking  
15 Squats

Backward Walking  
15 Underwater Arm Circles (each direction)

Lateral Walking  
15 Calf Raises

Forward High Knee Walking  
15 Underwater Punches (each arm)

Forward Walking  
15 Front Kicks (each leg)

Backward Walking  
15 Wall Push-Ups

Lateral Walking  
15 Hamstring Curls (each leg)

Forward High Knee Walking  
20 second Water Wheel (each direction)



**BY KATIE LEUTE**  
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*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](http://www.thewac.com/wow)