Water Circuit Training #2

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

Muscles Targeted: Upper Body

Equipment Needed: Pull Buoy

Upper Body:

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

- 2 x 50 yards front crawl with pull buoy between legs (rest between laps if needed)

- 3 x 10 Tricep Pops - Using the side of the pool, place each hand on the edge, facing away (towards the pool, not the ledge). Bring your elbows in close to your body and ‘pop’ up out of the pool. Lower back in slowly and repeat.

- 3 x 10 Pullouts - Facing the pool’s gutter, place your hands shoulder-width apart on the deck above you and pull your body straight out of the water while keeping your elbows high. Once your arms are extended and your upper body is perpendicular to the deck (which should now be at waist-level), lower yourself back down into the water with a controlled motion

- 2 x 50 yards back crawl with pull buoy between legs (rest between laps if needed)

- 3 x 10 Tricep Pops
- 3 x 10 Pullouts

- 2 x 50 yards front crawl warm-down
  (swim slowly and relax)

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

“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”

— Martin Luther King Jr.