

Water Circuit Training #4

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

Muscles Targeted: Cardio and Abs

Equipment Needed: Water belt, Noodle

Cardio:

- 2 x 50 yards front crawl warm-up
(rest between laps if needed)
- 5 x 1 minute Treading Intervals: In deep water, tread for three one-minute intervals with arms above water or under armpits. Rest for 30 seconds between each interval
- Swim 50 yards recovery
(Swim slowly and recover)
- 8 x 25 yards front crawl with 2 minutes treading water after each 25 yards in the deep end of the pool
- 10 x 1 minute jogging in deep end with water belt on. Rest for 30 seconds between each interval.
- 2 x 50 yards front crawl warm-down
(swim slowly and relax)



Abs:

- Scissors: Stand with your back to the side of the pool and your arms extending outward to either side. Grasp the side of the pool for support and lower yourself slightly into the water so you are submerged to your shoulders. Extend your legs upward so they are parallel to the bottom of the pool. Spread your legs open as far as you can and then bring them together, crossing one over the other, i.e. left over right. Spread your legs open again, and place the opposite leg on top when crossing, i.e. right over left. This move will target your inner and outer thighs while also hitting your abs. Perform this exercise as many times until your abs start to burn.
- 5 x Pool Planks: Stand on the pool floor in the shallow end of the pool. Hold a noodle horizontally in both hands. Press it straight down into the water and lean forward until your body is on an even incline. (Your head stays out of the water.) Try to keep yourself stable for 1-2 minutes. The farther the incline, the greater the workout on your abs. Repeat.

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

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.' "

— Muhammad Ali