

## **Water Workout on Get Healthy with Holly Episode**

The structure of your water workout should be:

- Warm up (3-5 minutes)
- Warm up stretch (3-5 minutes)
- Aerobic workout
  - Warm up (3-5 minutes)
  - Increased intensity (5-10 minutes)
  - Cool down (3-5 minutes)
- Strength workout (10-20 minutes)
- Cool down stretch (3-5 minutes)

### **Warm Up**

Water Walk –forward, backward, sideways, stay upright and maintain neutral pelvic position throughout the exercise

Hydro Jumping Jacks

Heel touches forward, side, toe touches back

Knee-lift march – alternate knee lifts with arm swings in water

### **Warm Up stretch (10 seconds each)**

Outer Thigh Stretch – Right side toward pool wall, hold on to edge with right hand, cross outside leg behind leg closest to edge, reach up with your free arm, lean your hip away from the pool edge.

Front Thigh Stretch –

Inner Thigh Step Out

Calf Stretch with Tricep Stretch

Hamstring Stretch

Figure 4 Stretch

Chest Stretch

Upper Back Stretch

### **Aerobic Exercise**

Cross-Country Ski

Mogul Hop

Knee Lift Press Back

Mountain Climbing

Rocking Horse

Jump Twist

Bobs

Water Running

## **Muscle Strengthening and Toning**

### **Arms**

Sweep In

Breast Stroke

Bicycle Arms

Punch Out

Punch Down (together, alternate)

Touch Front & Back

Bicep Curls

Cross Country Ski

### **Abs**

Jack Knife

Double Knee Crunch

Obliques (Double Knee Twists)

Double Knee Tuck

## **Final Cool-Down & Stretch (20 seconds)**

Hamstring Stretch

Figure 4 Stretch

Full Back Stretch

Mid Back Stretch (twist upper back holding edge)

Chest Stretch

Full Body Stretch

Tricep