

CALA Aquafitness Leg Movements

Canadian Aquafitness Leaders Alliance

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C	P	D	C	P	U	W	T	D	P	L	K	R	H	I	P	F	L	E	X	O	R	C	H	A	I	R	C	R	D	A
G	P	C	I	V	E	R	T	I	C	A	L	C	Y	C	L	E	K	C	A	S	K	D	T	J	P	P	M	W	B	E
K	S	T	M	A	A	K	A	A	R	I	C	L	R	L	V	S	N	E	K	I	H	M	K	E	R	U	S	D	R	R
C	R	U	R	P	T	R	T	A	M	R	I	O	E	I	R	J	D	M	C	B	I	N	O	L	N	O	B	C	I	
E	U	U	W	R	Q	G	T	Y	E	R	T	V	W	E	I	O	K	I	U	C	U	D	P	U	P	M	S	S	S	C
T	A	U	Q	S	P	E	T	S	E	D	I	S	K	A	M	H	C	E	L	L	U	T	D	K	I	A	A	K	N	T
C	B	P	O	T	K	P	R	S	T	W	R	A	H	H	G	Y	A	G	R	L	U	N	L	N	I	A	G	U	K	T
W	D	M	H	I	H	O	O	D	S	E	M	C	A	A	L	B	J	L	U	A	E	M	A	U	N	C	M	I	P	N
N	U	N	C	W	H	C	A	G	V	A	G	M	B	T	U	B	N	M	C	P	K	L	L	N	G	R	K	I	P	G
M	C	K	R	Y	N	C	N	O	S	N	S	D	C	G	T	O	O	G	G	G	S	C	N	E	H	O	K	S	L	J
M	T	E	B	C	E	I	S	U	I	T	O	B	E	R	E	H	I	A	N	K	R	H	A	G	G	S	M	S	R	U
S	I	B	Y	O	R	S	I	R	R	M	U	H	H	S	U	E	T	H	I	A	I	R	M	K	E	S	E	K	U	M
A	O	T	L	T	O	P	T	I	I	C	C	C	C	A	S	S	C	E	R	V	E	L	C	T	C	C	W	C	C	P
H	N	G	S	R	O	S	N	N	E	R	L	R	K	K	M	R	U	R	T	N	A	I	A	J	S	O	O	I	G	I
C	J	M	C	T	M	G	A	X	A	X	S	A	T	O	A	E	D	I	S	H	K	K	P	R	H	U	A	K	N	N
E	A	E	S	A	P	L	R	M	Q	E	T	M	N	M	X	V	D	S	M	D	S	I	R	R	A	N	N	D	I	G
H	C	I	H	A	J	C	R	R	Y	I	M	R	R	I	I	E	A	T	A	U	Q	S	O	I	M	T	A	A	R	J
O	K	U	C	A	N	O	O	R	C	E	G	O	H	M	M	R	V	U	H	I	H	D	X	I	S	R	U	U	T	A
S	C	M	C	L	G	C	W	T	E	I	G	G	O	D	U	O	Q	T	R	G	P	K	E	I	T	Y	Q	Q	S	C
U	A	K	S	O	N	M	W	I	H	O	A	O	A	E	S	C	D	A	E	N	I	A	L	F	R	S	R	E	M	K
N	J	W	J	E	C	S	I	O	J	P	B	J	L	E	J	R	K	B	T	S	I	C	F	H	I	K	O	D	A	J
I	R	E	G	A	G	C	D	R	M	N	A	G	G	K	O	C	T	B	A	U	I	N	P	B	N	I	C	I	H	S
N	E	Y	M	R	E	P	E	A	T	E	R	N	A	R	R	O	W	L	E	G	S	W	I	N	G	G	K	W	I	R
Q	V	J	N	L	R	V	C	A	N	A	O	I	L	F	M	Q	A	S	P	A	N	K	H	T	C	D	I	T	H	K
U	O	C	C	C	O	S	Y	D	O	R	M	R	R	W	D	O	N	K	E	Y	K	I	C	K	U	A	N	L	O	V
A	S	L	O	S	K	R	C	H	A	M	S	T	R	I	N	G	J	O	R	M	S	H	D	M	R	P	G	A	Y	O
D	S	I	S	I	E	L	L	E	V	I	W	S	R	O	X	E	L	F	P	I	H	D	C	N	L	K	H	T	M	O
K	O	O	T	C	W	M	E	H	C	R	A	M	R	O	G	O	J	S	U	I	R	O	T	R	A	S	O	P	G	K
I	R	U	A	T	I	V	E	R	T	I	C	A	L	C	Y	C	L	E	V	I	W	S	T	J	M	T	R	B	L	R
C	C	S	G	B	U	L	S	T	I	F	F	H	O	R	S	E	Y	M	U	L	U	D	N	E	P	O	S	R	O	T
K	L	O	E	T	T	T	G	A	B	M	G	G	M	R	Q	A	J	S	I	D	E	D	O	G	G	I	E	A	V	R

AbdominalJack
 AltWideQuadKick
 CrossOverSwivel
 HamstringChair
 HamstringJorM
 HipFlexorPacman
 JogOrMarch
 Pendulum
 RepeaterNarrowLegSwing
 SideDoggie
 SkiStop
 StandingAbdominalCrunch
 Tuck

AbdominalSki
 CrossCountrySki
 Doggie
 HamstringCurl
 HamstringPacman
 HipFlexorSwivel
 JumpingJack
 PendulumLegSwing
 ReverseHobbyHorse
 SideStepSquat
 SkiTuck
 StiffHorse
 UniNQuadKick

AbductionJack
 CrossOverJack
 DonkeyKick
 HamstringCurl
 HamstringSwivel
 HipKicks
 KarateKick
 QuadKick
 RockingHorse
 SitNarrowWideCycle
 Squat
 Swivel
 VerticalCycle

AdductionJack
 CrossOverJogOrMarch
 GluteusMaximusJorM
 HamstringJogOrMarch
 HipFlexorChair
 HobbyHorse
 MogulTuck
 RepeaterHamstringCurl
 SartoriusJogOrMarch
 SkateSki
 StagPendulum
 TorsoPendulum
 VerticalCycle