

**Note:**

- Wear aqua belts throughout the whole class.
- Some of the moves will be used in chest deep and in deep water.
- Use whatever arms feel comfortable that compliment the leg moves.

**Recommendation:**

Travelling moves are "suspended" to avoid accidentally hitting the toes and/or feet on the bottom of the pool.

**BLOCK #1 (Chest deep) Approx. 8-10 minutes including warm-up.**

**Combo 1A**

- 1/2 t narrow jogmarch (n j'om)
- 1/2 t wide jom (w jom)
- 1/2 t gluteus maximus j'om (glut j'om)
- 1/2 t n quad kick (n qd k)
- Repeat entire sequence on tempo (t). Combine the glut j'om and n qd k, 16, 8, 4, 2 repetitions of each then split them, right leg glut j'om, left leg n qd k. Then switch sides. Use t & 1/2 t for variation.

**Combo 1B**

- narrow tuck (n tk)
- 1/2 t LEAD LEFT w qd k
- 1/2 t pdl legs, arms: hook water and push it past the body
- 1/2 t stag pdl legs, Lt knee bent, Rt leg out (pdl) then do a 1/4 turn into a...
- 1/2 t reverse hobby horse (rev hob h), to
- 1/2 t rocking horse (r h); after 3 counts, while left leg is up, pivot turn with a n qd k left & repeat other side
- 1/2T swivel (sw) flamingo Rt & Lt/sw kick
- T w j'om/t n j'om
- First travel move from chest deep to deep water: Prone Unison Doggie  
Legs: t pr uni dgi legs; Arms t alternating doggie arms



## Block #3 (Deep Approx 8 minutes)

### Combo 2A

- ½ jumping jack legs with jj arms in opposition – as the legs abduct the arms adduct in front of the thighs, as the legs adduct the arms abduct to shoulder height.
- 1/T frog curl legs (uni glut j'om): Arms: unison scoop arms to lift body up in the propulsive manner
- 1/2T abdo jj, traveling backwards; Arms; reverse breast stroke arms
- 1/4T “modified” n qd k, push leg straight down (extreme glute work) travel forward
- \*\* Arms: breast stroke t n j'om/t w j'om

### Combo 2B

- 1/2T w ham j'om, arms: flasher (slice and flat hand combo, focus on rotator curr)
- 1/2T t w j'om
- 1/2T t wide swivel (w sw) hands on hips, with elbows wide, rotate body
- 1/2T t n sw/flamingo Rt and Lt (arms: extended half circle in front)/sw kick
- 1/2T repeater leg swing Rt & Lt
- Second travel move from deep to chest deep: Side Doggie (n j'om in a side lying position; with “Turbo arms”



## Block #3

### Combo 3A

- 1/2T side karate kicks punch both arms to opposite side of leg
- 1/2T skate ski (sk ski), uni fwd elb flxt
- 1/2T cross country ski (x ski); un x ski arms
- 1/2T ski stop; uni x ski arms with a stop at the hips with the stop in the legs Outward jj (out jj); uni x front jj arms
- 1/2T w ski stop, squeeze in the middle at the “stop”/ add propulsion, arms as above with the ski stop