

## Water Workouts

Here are some workouts to help get in shape and stay in shape during the hot summer months.



**Leg Lift:** Stand in shoulder-deep water and hold onto the edge of the pool lightly for balance. Extend your right leg straight out to the side as far up as you can bring it. But, only go as far as you can while keeping toes pointing toward the pool wall (don't let your ankle turn) and keeping your hips straight toward the wall. Complete 8-10 times. Repeat on left leg.

**Water Roman Chair:** In deep water, float either on a tube or two kickboards (resting under your arms). Place your feet together and bend your knees up to at least waist-level, pause briefly and return. Repeat 8-10 times.

**Lateral Raises:** Stand in shoulder-deep water with arms hanging straight down against your sides. Slowly extend both arms straight out to the sides all the way up to the water-level. Pause briefly and repeat.

**Swim/Walk interval laps:** Swim 1-2 laps (use any swim form you prefer: crawl, backstroke, etc). Walk 1-2 laps in the pool. Repeat sequence 4-6 times.

**Water Squats:** Stand in the water with feet about hip-width apart. Bend your knees slightly as you push your hips back as if you are sitting on a chair. Keep your knees behind your toes. Keep your feet planted firmly on the ground. Squeeze your glutes as you raise up. Return to start position and repeat. The water provides extra resistance and makes this move more challenging.

**Wave Jumps** (for those with access to the ocean or a wave-simulator): Stand in knee-deep or less water. Each time a wave comes attempt to jump over it. Note: this is a more advanced move that requires good balance and strong swimming skills. Do not attempt this move unless you have experience swimming in waves.

**Water Jogging:** Can be done with the use of flotation devices where your feet don't touch the ground or the traditional way of actually jogging in the water. If using a flotation device, run in place with your feet never touching the ground. If on the ground, try running 1-2 laps and then resting for 60 seconds. It's more challenging in deep water and less in shallow water.