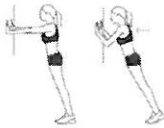
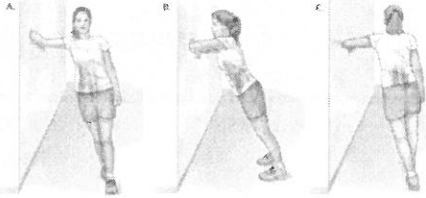
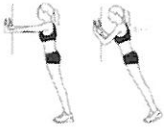
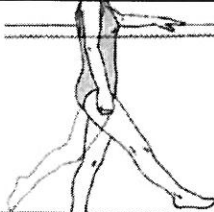
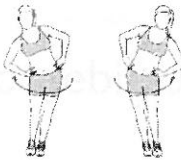





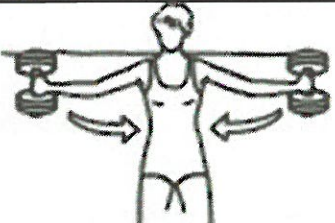

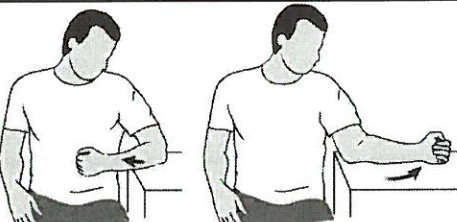
Program 1 Guide

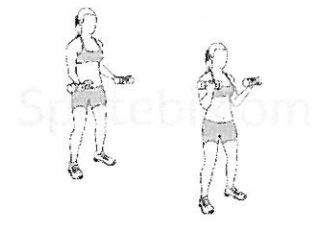
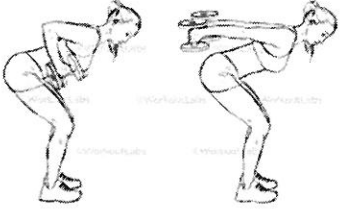
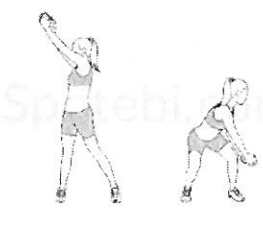
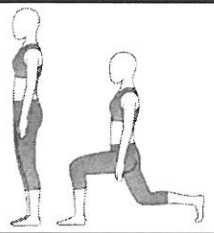
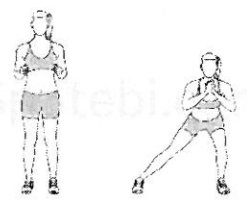
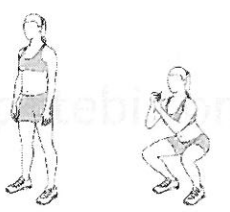
Wall Work

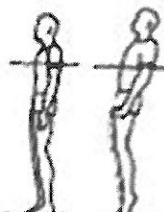
Exercise	Description	Visual
Wall Push-up	With feet and arms shoulder width apart, face the wall with palms against the pool wall. Lower chest towards pool wall and then press off the wall.	
Push-up Mod.	Bring feet closer to the wall for less resistance.	See Above
Wall Turn	Start with body turned sideways to the wall, rest the left forearm on the wall. Rotate body to face the wall keeping the left forearm on the wall and bring the right forearm to the wall. Turn on to the right forearm.	
Wall Turn Mod. (Wall Push-up)	With feet and arms shoulder width apart, face the wall with palms against the pool wall. Lower chest towards pool wall and then press off the wall.	
Hip Flexion/Extension	Without bending the knee, bring one leg up towards the torso and then as far back as possible. Repeat on the opposite leg.	
Hip Mod. (Hula Hoop)	Rotate hips in a circle as if you had a hula hoop on your hips.	

Climbers	Place both hands on the wall shoulder width apart, have the legs in a lunge position. In an explosive movement, jump and switch leg positioning.	
Climber Mod. (High Knees)	Standing straight up, bring one knee up as far as possible. Plant the leg and repeat with the opposite leg.	


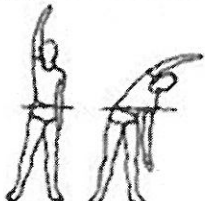

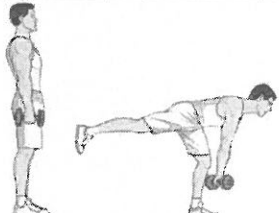
Controlled Movements



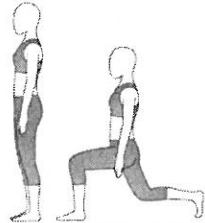
Exercise	Description	Visual
Chest Press	Standing straight up with the dumbbell(s) at the chest, push the dumbbell(s) forward, either on top or in the water. Surface dumbbells to repeat the press.	
Fly's	Bend elbows slightly, palms should face forward with both arms out to the side. Bring hands together in front of the body and return to the side.	
Lateral Raise	Bring both arms straight out to the sides, so the body is in a T formation. Keep arms extended and bring them down to the hips. Return.	
Shoulder Rotation	Bring arm to the side of body, put forearm at a 90 degree angle. Rotate forearm towards the body and then out to the side.	

Biceps Curl	Stand straight up with arms at a 180 degree angle. With the palms facing up, flex the bicep, bringing the arm as close to a 45 degree angle as possible. Return.	
Triceps Kickback	Bend slightly forward, and bring both elbows slightly back, with the arms at 90 degree angle. Flex triceps by extending the arm to a 180 degree. Return.	
Wood Chop	Stand straight up, bring a dumbbell overhead and towards the right. Keeping the arms extended, bring the dumbbell down and to the left leg in a wood chopping motion.	
Forward Lunge	Standing straight up, take one big step out forward and bend the knees. Return and switch legs.	
Side Lunge	Standing straight up, take one big step out towards the side and bend the stepping knee. Return and switch sides.	
Squat	Standing straight up, bring hips back and bend knees to a 90 degree angle. Stand straight up.	

Calf Raise	Standing straight up with feet flat on the ground, stand on toes. Return back to starting position.	
------------	-----------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

Transition

Exercise	Description	Visual
Trunk Rotation (Push Water)	Bring hands straight out in front of the body while holding a dumbbell. With both feet planted on the ground twist the torso to one side and then the other, pushing the water along the way	
Rotation Mod. (No Dumbbell)	With both feet planted on the ground twist the torso to one side and then the other.	See Above
Side Reach/Bend	Standing straight up, bring the right arm straight up in the air. Lean the torso to the left side. Return and reverse direction.	
Bend Mod. (Overhead Reach)	Bring arms straight up over the head and stretch up to the sky.	
Directional Reach	Standing straight up, call out a direction and reach in that direction. (Up, down, left, right, forward, diagonals). Use one leg to increase difficulty.	

<p>Reach Mod. (Forward Reach)</p>	<p>Standing straight up, reach forward with both arms. Use one leg to increase difficulty.</p>	 <p>Spotebi.com</p>
<p>Directional Lunges</p>	<p>Call out a direction and lunge either forward, backward, right, left or on a diagonal.</p>	 <p>Spotebi.com</p>
<p>Directional Mod. (Forward Lunge)</p>	<p>Standing straight up, take one big step out forward and bend the knees. Return and switch legs.</p>	

Program 2 (Dumbbell Endurance)

Wall Work

Exercise	Sets/Reps/Time	Modification
Wall Push-up	2 Sets/30 Sec	Feet Closer to the Wall
Wall Turn	2 Sets/30 Sec	Wall Push-Up
Hip Flexion/Extension	2 Sets/30 Sec	Hula Hoop
Climbers	2 Sets/30 Sec	High Knees

Endurance (Perform 1 Set Slow and 1 Set Fast)

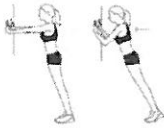
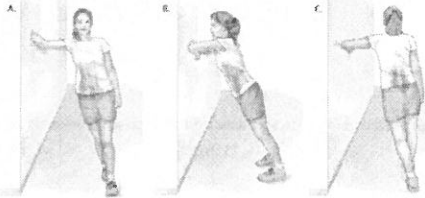
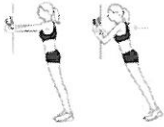
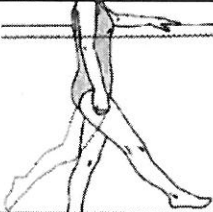
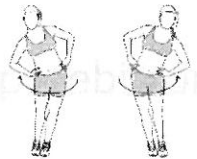

Exercise	Sets/Reps/Time	Modification
Jog in Place	2 Sets/30 Sec/10 Sec Rest	All exercises can be done while holding onto the wall. Have participants rest when needed.
High Knees	2 Sets/30 Sec/10 Sec Rest	
Punches Forward	2 Sets/30 Sec/10 Sec Rest	
Press/Row	2 Sets/45 Sec/15 Sec Rest	
Press w/ High Knee	1 Set/1 Min/15 Sec Rest	Press/Row
Press w/ Kick	1 Set/1 Min/15 Sec Rest	Press/Row
Lateral Raise/Lat Pull	2 Sets/30 Sec/10 Sec Rest	Walk in Place
Lat Pull Under Leg	1 Set/1 Min/15 Sec Rest	Lateral Raise/Lat Pull
Hand to Knee	2 Sets/30 Sec/10 Sec Rest	High Knees
Hand to Foot	2 Sets/30 Sec/10 Sec Rest	High Knees
Bicycle	2 Sets/30 Sec/10 Sec Rest	Punches Forward
Pass Off	2 Sets/1 Min/15 Sec Rest	Walk in Place
Mix Pot	2 Sets/45 Sec/15 Sec Rest	Pass Off

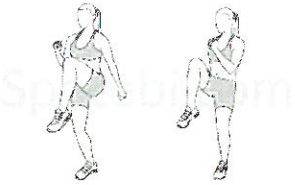
Transition

Exercise	Sets/Reps/Time	Modification
Trunk Rotation (Push Water)	1 Set/5 Reps	Rotation (No Dumbbell)
Side Reach/Bend	1 Set/5 Reps	Overhead Reach
Directional Reach	1 Set/5 Reps	Forward Reach
Directional Lunges	1 Set/5 Reps	Forward Lunge


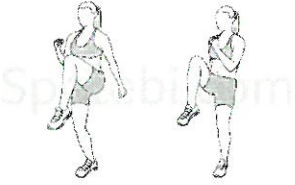
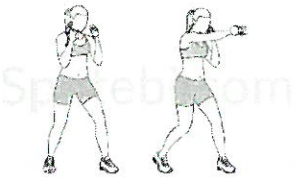
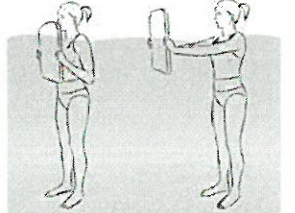
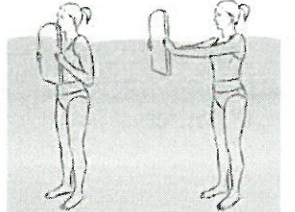
Program 2 Guide

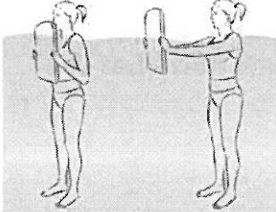
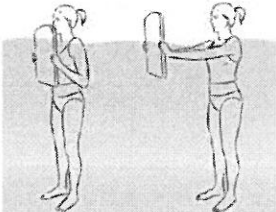
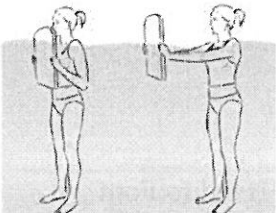
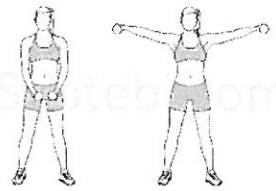

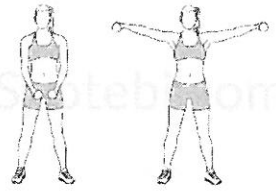
Wall Work

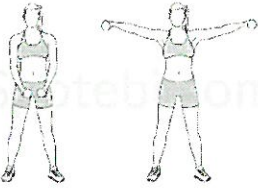

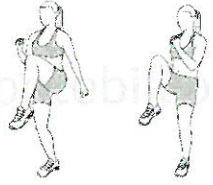


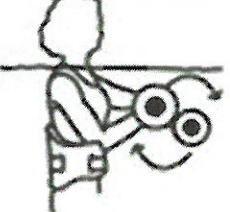

Exercise	Description	Visual
Wall Push-up	With feet and arms shoulder width apart, face the wall with palms against the pool wall. Lower chest towards pool wall and then press off the wall.	
Push-up Mod.	Bring feet closer to the wall for less resistance.	See Above
Wall Turn	Start with body turned sideways to the wall, rest the left forearm on the wall. Rotate body to face the wall keeping the left forearm on the wall and bring the right forearm to the wall. Turn on to the right forearm.	
Wall Turn Mod. (Wall Push-up)	With feet and arms shoulder width apart, face the wall with palms against the pool wall. Lower chest towards pool wall and then press off the wall.	
Hip Flexion/Extension	Without bending the knee, bring one leg up towards the torso and then as far back as possible. Repeat on the opposite leg.	
Hip Mod. (Hula Hoop)	Rotate hips in a circle as if you had a hula hoop on your hips.	
Climbers	Place both hands on the wall shoulder width apart, have the legs in a lunge position. In an explosive movement, jump and switch leg positioning.	

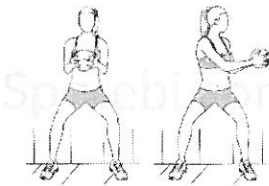

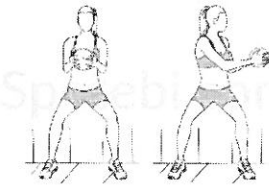
Climber Mod. (High Knees)	Standing straight up, bring one knee up as far as possible. Plant the leg and repeat with the opposite leg.	
------------------------------	-------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

Endurance

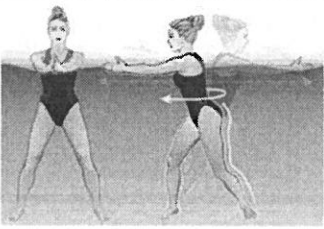
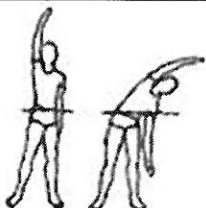
Exercise	Description	Visual
Jog in Place	Jog in Place	
High Knees	Standing straight up, bring one knee up as far as possible. Plant the leg and repeat with the opposite leg.	
Punches Forward	Alternate extending and flexing arms by pressing and rowing the dumbbells (Alternate Punches Forward).	
Press/Row	Standing straight up, bring both of the dumbbell(s) in front of the body, with arms fully extended. Pull the dumbbell(s) towards the chest, then push arms back out into extension.	
Press w/ High Knee	Standing straight up, bring both of the dumbbell(s) in front of the body, with arms fully extended. Pull the dumbbell(s) towards the chest, then push arms back out into extension. Add in high knees.	


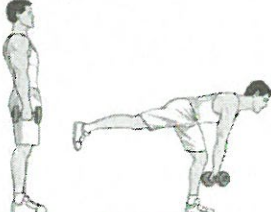


<p>Press w/ High Knee Mod. (Press/Row)</p>	<p>Standing straight up, bring both of the dumbbell(s) in front of the body, with arms fully extended. Pull the dumbbell(s) towards the chest, then push arms back out into extension.</p>	
<p>Press w/ Kick</p>	<p>Standing straight up, bring both of the dumbbell(s) in front of the body, with arms fully extended. Pull the dumbbell(s) towards the chest, then push arms back out into extension. Add in leg kicks.</p>	
<p>Press w/ Kick Mod. (Press/Row)</p>	<p>Standing straight up, bring both of the dumbbell(s) in front of the body, with arms fully extended. Pull the dumbbell(s) towards the chest, then push arms back out into extension.</p>	
<p>Lateral Raise/Lat Pull</p>	<p>Bring both arms straight out to the sides, so the body is in a T formation. Keep arms extended and bring them down to the hips. Return.</p>	
<p>Lateral Raise/Lat Pull Mod. (Walk in Place)</p>	<p>Walk in Place</p>	
<p>Lat Pull Under Leg</p>	<p>Bring both arms straight out to the sides, so the body is in a T formation. Keep arms extended and bring them down, touch dumbbells underneath an alternating thigh. Return.</p>	

<p>Lat Pull Under Leg Mod. (Lateral Raise/Lat Pull)</p>	<p>Bring both arms straight out to the sides, so the body is in a T formation. Keep arms extended and bring them down to the hips. Return.</p>	
<p>Hand to Knee</p>	<p>Standing straight up, hold the right arm straight out in front with the left arm out to the side (L position). Bring your left leg up to your right dumbbell. Repeat on opposite side.</p>	
<p>Hand to Knee Mod. (High Knees)</p>	<p>Standing straight up, bring one knee up as far as possible. Plant the leg and repeat with the opposite leg.</p>	
<p>Hand to Foot</p>	<p>Standing straight up, hold the right arm straight out in front with the left arm out to the side (L position). Bring your left foot up to your right dumbbell. Repeat on opposite side.</p>	
<p>Hand to Foot Mod. (High Knees)</p>	<p>Standing straight up, bring one knee up as far as possible. Plant the leg and repeat with the opposite leg.</p>	
<p>Bicycle</p>	<p>Standing straight up, bring both arms in front of the body. Pedal your arms as if you were pedaling a bike.</p>	
<p>Bicycle Mod. (Punches Forward)</p>	<p>Alternate extending and flexing arms by pressing and rowing the dumbbells (Alternate Punches Forward).</p>	

Pass Off	Start in a T stance with arms straight out to the side. Using only one dumbbell, bring arms forward and transfer the dumbbell to opposite hand. Return to T stance.	
Pass Off Mod. (Walk in Place)	Walk in Place	
Mix Pot	Start by holding one dumbbell in both hands, in front of the body. Move the dumbbell around as if you were stirring a cauldron.	
Mix Pot Mod. (Pass Off)	See Pass Off	See Pass Off

Transition

Exercise	Description	Visual
Trunk Rotation (Push Water)	Bring hands straight out in front of the body while holding a dumbbell. With both feet planted on the ground twist the torso to one side and then the other, pushing the water along the way	
Rotation Mod. (No Dumbbell)	With both feet planted on the ground twist the torso to one side and then the other.	See Above
Side Reach/Bend	Standing straight up, bring the right arm straight up in the air. Lean the torso to the left side. Return and reverse direction.	

<p>Bend Mod. (Overhead Reach)</p>	<p>Bring arms straight up over the head and stretch up to the sky.</p>	
<p>Directional Reach</p>	<p>Standing straight up, call out a direction and reach in that direction. (Up, down, left, right, forward, diagonals). Use one leg to increase difficulty.</p>	
<p>Reach Mod. (Forward Reach)</p>	<p>Standing straight up, reach forward with both arms. Use one leg to increase difficulty.</p>	
<p>Directional Lunges</p>	<p>Call out a direction and lunge either forward, backward, right, left or on a diagonal.</p>	
<p>Directional Mod. (Forward Lunge)</p>	<p>Standing straight up, take one big step out forward and bend the knees. Return and switch legs.</p>	