

Advanced deep water circuit training  
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## WARM UP

Hands breath stroke **forward** +

Then both hands breath stroke +

Feet crawl in opposition (stay in place 30")

**Repeat 3 times**



Jog forward & back (flex + point)

Jog in 3's , forward & back

Crawl forward + back stroke back

Heal cross back + kick side cross back and down (ALT)

Touch forward and back

### Aerobic

#### Legs straight forward

**Back** only legs back stroke

### Abdominals:

V position legs open:

Touch hand with strength to opposite leg X 8 ( R & L )( pectoral muscles)

Both hands same time touch ankles from outside

2 hands push down center

Same but push back with the hand (back muscles)

### Aerobic

Jog forward big steps. Hand in opposition to leg big movement open to the side

Same travel back of hand to opposite leg

Kick forward karate kick X 8 (R & L)

Kick side karate kick X 8 (R & L)

Kick 1 forward and 1 side X 8 R + 8 L

Touch forward and back with the same arm 8 L& R

Kick diagonal 16, (R & L)

Kick cross 16 , (R & L)

Both, diagonal & cross same leg (R & L)

2 legs at the same time

Other side

### **Upper body**

Shoulder calf rotator X8 + legs wide jog

Legs small up and down + arm work

1. twice clap in front

2. twice clap lower

3. 4 clap beneath legs

4 times

4 Legs the same push back both hands triceps + trapezius and deltoid

### **Travel:**

Sidestroke

Strong with lower leg X8, upper leg X 8,

upper leg, bottom leg one & one

crawl on your side + both legs same time 8

change in 3's

Ski point, flex, regular with hands across, 8-4

JJ point out flex in

In place 20 seconds hard and easy flatter kick

### **Abdominals: + abductors & adductors:**

8 Moguls

8 Side to side with both legs together

8 With opposite hand touch leg,

Travel to the side + 1,2,3 change side travel back 'repeat 6 times

Stay laying to one side:

Small movements with abductors moving from side to side

### **Aerobic:**

Travel on your back flutter kick

Travel running forward'

travel side and come back running

other side

same both legs at the same time

### **strength**

Ski point X 8

Ski put emphasis in upper body ' hands open close horizontal plane

Ski flex

Ski, hands push in angle from side to side

Ski legs come forward and back in a circular way

Ski one hand slides the other works strong in opposition

repeat

**Aerobic:**

Swim side ways" upper leg' lower leg, both legs, change sides

JJ legs down

JJ legs 90 degrees

Combine both

**Strength**

JJ bring leg to opposite hand 4R, 4L, cross both legs at the same time touching with both hands X8  
in place run forward and back ' stay on your back, jump forward & back + abdominals

**Aerobic:**

JJ ,

Power jacks

Power jacks out and center down

Moguls

Run from side to side

Run doing a circle in diagonal, change

Repeat

**Strength:**

Vertical position

Breaststroke with legs (out, and other side)

Open cross, open close down.

**Sitting position,**

work quads and hamstrings; kicking from the knee

emphasis, quads(point), hamstring(flex),

work both together pushing forward, traveling back return forward with hands only (repeat legs V  
position toes out)

**Aerobic:**

Flutter kicks 3 levels

Repeat 3 times

**Cool down**

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