

Advanced deep water circuit training

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WARM UP

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

Hands breath stroke **forward** +

Then both hands breath stroke +

Feet crawl in opposition (stay in place 30")

Repeat 3 times



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 flutter 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

CREATED BY MUSHI HARUSH AEA INTERNATIONAL AQUATIC FITNESS TRAINER SPECIALIST