

## Hidro Cardio Power Fernando Villaverde

### Warm-up: (Track 1, 2 and 3)

4 heels up to the back (R-L-R-L) forward  
2 knees up (R-L) and knees up twice each (R-R)  
4 kicks to the front (L-R-L-R) moving back  
2 knees up (L-R) and knees up twice each (L-L)

4 kicks diagonals (R-L-R-L)  
4 swings to the left  
3 double kicks to the front and back (R-L-R)  
2 jumps in place

4 kicks diagonals (L-R-L-R)  
4 swings to the right  
3 double kicks to the front and back (L-R-L)  
2 jumps in place

4 open and close legs to the sides (R-L-R-L)  
4 twist  
2 jumping jacks turning left and right

### Track 4

4 swings with single fist (R-L-R-L)  
4 swing with double fist (R-L-R-L)  
4 side kick slow (up-stretch-up-down)

4 kicks to the front with fists (R-L-R-L)  
4 side kicks with crossed fists (R-L-R-L)  
4 kicks back with fists to the front (R-L-R-L)  
2 kicks back twice (R-R-L-L)

### Track 5

20" plyometrics: legs together, jump and open legs to the sides  
8 steps to move forward and 8 backward  
20" plyometrics: from open legs, jump and close legs  
Jumping jacks rotate 360° to one side and the other side  
20" plyometrics: legs together, jump and take one leg to the front and another to the back  
4 steps to right side and 4 for left side

### Track 6

**In neutral position,** Jumping jacks  
Open legs and raise closing  
Raise your legs together with arms pushing below the buttocks  
Raise your legs together and stretch to the front  
Raise legs separate  
Raise your legs separate and stretch to the front

### Track 7

4 knees crossed in front, forward (R-L-R-L)  
4 jumps in place  
4 knees outward opening, backwards (R-L-R-L)  
4 twist in place

### Track 8

**In neutral position**, knees elevated diagonally to one side and then to the other side  
Raise your legs and stretch diagonally to one side and then to the other side  
Step with 2 side leg, raises and changing to the other side (lateral ski)  
Cross country or scissors, step forward and back and raising knees to change  
Step with 2 legs and raising legs one to the front and one to the back.  
Step with 2 legs to the front, raising and step with 2 legs to the back.  
Step with 2 legs on one side, rotate floating to 180° and step on the other side  
Step and raising both knees and keep floating

### Track 9

20" plyometrics: from your legs together, jump and small kicks vertical  
4 twist forward and twist 4 backwards  
20" plyometrics: raise both legs and jumping kicking with one leg to the front and the other to the back.  
Diagonal cross-kick doubles (R-R-L-L)  
20" plyometrics: raise both legs and jumping kicking with one leg to the side, then to the other side.  
Jumping jacks increasing speed in the neutral position

### Track 10

**In neutral position**, raising your legs together and keep 3 times floating  
Raise legs, stretch, flex and down (4 times)  
Raise legs, open, close and down  
Raise legs, rotate to one side and the other side, and down  
Raise and open legs, rotate trunk to one side and another, and down  
Raise and open legs, crossed one to another, join and down

### Closed: (Track 11, 12 and 13)

Jogging around the area freely  
Jogging backwards doing hands-resistance  
Jogging forwards to one side crossing front leg  
Side step fast with legs separated  
Side step and make a square.  
Heels toward the buttocks with hands pushing to the front  
Side kicks double  
Swing on one leg and another to the sides.  
Line up and holding hands, make lateral sway  
In lines, scissors front and back  
In lines, front kicks  
In lines, twist  
In lines, jogging front and back  
Line up and do Jumping jacks  
Let go of the hands and continue Jumping jacks

### Relax: (Track 14)

Moving arms and shoulders with his legs apart  
Stretch arms forward and upward  
Stretch calf  
Stretch quadriceps and hip  
Spinal movement and stretch