

# motivation

## **Aqua Vertical**

**Vertical #1** Ankle reach x 8 sets (32)

### **Vertical #1**

Ankle Reach moving up x 4 (8) Ankle Reach horizontal x 4 (8) Ankle reach moving down x 4 (8) Ankle reach vertical x 4 (8) 32 cts

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### **Vertical #2**

Frog Tuck x 8 (32) Ankle Reach right x 4 in front (16)  
Ankle Reach right x 4 behind (16) 64 cts Repeat all with left ankle reach

#### **Cut to:**

Frog Tuck x 4 (16) Ankle Reach right x 2 in front x (8)  
Ankle Reach right x 2 behind x (8) 32 cts Repeat all with left ankle reach

### **Vertical #2**

Frog Tuck x 4 moving up to horizontal (16)  
Ankle Reach right x 2 in front at horizontal (8)  
Ankle Reach right x 2 behind at horizontal (8)  
Frog Tuck moving down x 4 (16) 48 cts  
Repeat all with left ankle reach Both left & right is 96 counts

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**Vertical #3** Jog x 16 sets 64 cts

### **Vertical #3**

Jogs up x 4 (8) Jogs down x 4 (8) Jog behind x 4 (8) Jog down x 4 (8)  
Jogs right x 4 (8) Jogs down x 4 (8) Jog left x 4 (8) Jog down x 4 (8) 64 cts

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**Vertical #4** Ski x 4 (8) Jog x 8 (16) Ski x 4 (8) 32 cts

### **Vertical #4 – Progression One**

Ski sideways up x 4 - FEET TO RIGHT (8)  
Jog /bicycle horizontal on your side x 8 – (16)  
Ski sideways down to vertical x 4 (8) 32 cts  
Ski sideways up x 4 - FEET TO LEFT (8)  
Jog (bicycle) horizontal on your side x 8 – (16)  
Ski sideways down to vertical x 4 (8) 32 cts

**Vertical #4 – Progression Two - Final**

**Ski sideways up x 4 - FEET TO RIGHT (8)**

**Jog/bicycle in a circle (horizontal) x 8 – COUNTER CLOCK WISE (16)**

**Ski sideways down to vertical x 4 (8) 32 cts**

**Ski sideways up x 4 - FEET TO LEFT (8)**

**Jog/ bicycle in a circle (horizontal) x 8 – CLOCK WISE (16)**

**Ski down sideways to vertical x 4 (8) 32 cts**

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**Vertical #5**

**Jack x 4 (16) Jack syncopate out – end wide (8) Wide modified pike x 2 (8) Jack syncopate in – end narrow (8) Narrow modified pike x 2 (8) Jack x 4 (16) 64 cts**

**Vertical #5**

**Jack x 4 moving up to horizontal (16) Jack syncopate out – end wide (8) Wide pike crunch x 2 (8) Jack syncopate in – end narrow (8) Narrow pike crunch x 2 (8) Jack x 4 moving back down to vertical (16) 64 cts**

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**Vertical #6**

**Tuck x 3 (12) Jack x 3 (12) Vertical breast stroke forward – feet together x 2 (8)**

**Vertical reverse breast stroke backwards feet together x 2 (8) Tuck x 3 (12) Jack x 3 (12) 64 cts *Cut to final:***

**Tuck (4) Jack (4) Vertical breast stroke forward – feet together x 2 (8) Vertical reverse breast stroke backwards – feet together x 2 (8) Tuck (4) Jack (4) 32 cts**

**Vertical #6**

**(Teach Star Jack: Tuck up, extend out & jack and tuck in, extend down & jack)**

**Star Jack up (8) Horizontal breast stroke forward x 2 (8) Horizontal reverse breast stroke backwards x 2 (8) Star Jack down (8) 32 cts**

**Bonus**

**Half gainer w/ 4 crunches 32 cts**

- initiate cue – tuck, tilt sideways, extend and flip on your back (8) and 4 crunches (16)
- Return cue – flip sideways, tuck, tilt upright and lengthen (8)

**Double Bonus - Half gainer with full a full twist (8) and 2 crunches (8)**

**Triple Bonus -Half gainer with full a full twist (8) and reverse tuck & shoot (8)**

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