



Speedo Power Drive with Jayme Zylstra

Warm Up

10 minutes | warm-up

- Walk the pool; walk or jog in place
- Knees
- Hip openers (knee lifts, shift to opposite side then swing knee up and back around to original side)
- Inner thigh lift (opposite hand to foot)
- Alternate heel kicks
- 1/2 Jack (low arms at 90 degrees with a pulse)

Shallow Water

25 minutes | aerobic conditioning and drills

Combo 1

- Cheerleaders (16)
- Twists (16)
- Slalom ski (side to side downhill ski) 16
- Cheerleaders - twists - slalom ski (16)
- Cheerleaders - twists - slalom ski (8)
- Cheerleaders - twists - slalom ski (4)

Football run for 30 seconds

Lower jog or march for 30 seconds

Combo 2

- Rocking horse RIGHT LEG (16)
- Rocking horse LEFT LEG (16)
- Power knee jumps (16)
- Rocking horse right - rocking horse left - power knee jumps (16)
- Rocking horse right - rocking horse left - power knee jumps (8)
- Rocking horse right - rocking horse left - power knee jumps (4)

Football run for 30 seconds

Lower jog or march for 30 seconds

Combo 3

- Stationary/ Cross Country Ski/ Run

Jayme Zylstra

Life Time Fitness

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- Bicep curls, palms up
- Bicep curls, palms down
- Tricep kickbacks
- Punching arms (Punch down towards opposite knee, then turn palm up)

Combo 4

- Cross country ski
- Cross country ski with both arms pulling up, then pushing down (together)
- Cross country ski with jumping jack arms
- Cross country ski, add a tuck in the middle

Combo 5

- Moguls (downhill skis)
- Crunch left, middle, right
- Crunch shoulder width apart
- Shoot throughs (This is like a down hill ski, but legs go all the way to the surface)

Deep Water

Combo 1

- Jog (16 count)
- Jog wide (16 count)
- Jog (16 count)
- Kick front moving forward (16 count)
- Hamstring jog (16 count)
- Repeat except kick front moving backwards (16 count)

Combo 2

- Jog (16 count)
- Wide/narrow jog moving sideways to the right *(48 count)
- Cross country ski (16 count)
- Big knee jog (16 count)
- Repeat except wide jog moving sideways to the left

Combo 3

- Tuck unders (high knee jog with opposite hand scooping under opposite knee) (48 counts)
- Cross country ski vertical (16 count)
- Cross country right diagonal head to right (16 count)
- Tuck unders (high knee jog with opposite hand scooping under opposite knee) (48 counts)
- Star jacks vertical (16 count)
- Star jacks diagonal head to left (16 count)
- Repeat but change diagonal directions

Combo 4

- Bicycle moving forward (48 count) (no hands)
- Ski tuck (32 count)
- Star jacks (32 count)

Combo 5

- Opposite heel touches in front
- Hamstring jog
- Opposite elbow to opposite knee
- Sprint

Combo 6

- V-sit crunches
- Crunches
- Tuck and roll side crunches (tuck knees into chest. Roll side to side)
- Tuck and knee left crunches (knees tuck into chest, turn knees down towards pool's bottom)

Strength Training

10 minutes | strength training

- Tricep curls
- Biceps curls*
- Lateral raises
- Side raises (bent arms)
- Abs twist*
- Single leg kicks*
- Double leg kicks*

10 minutes | warm-down & stretch

Notes:

- Jacks (cue abs tight, resist buoyancy by controlling arms--don't let them float back up)
- Star jacks (arms out in front, pull both arms to thighs and back to surface [like x-country] with jack legs)
- Tuck jumps (cue knees to chest going down, and jump for distance coming back while pushing weights down to ankles)
- Mogul ski (knees side to side) try to get some height
- x-country (cue abs tight to support back) pull weights to thighs and bring them slowly to the surface--don't let them pop back up
- Double time jog (cue weights up and down, knees up, full flat foot)