



Special Sport for Special People



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BRAIN, HEART & SPORT WATER AEROBICS

SESSION 1

SESSION 1

RELAXATION EXERCISES AND STRETCHING

Improve your physical fitness and joint mobility with stretching exercises in the water, relaxing and complete.

SESSION 2

GYMNASTIC EXERCISE

To start off your workout in water proof gentle exercise, low intensity physical activity suitable for all ages and all body types.

SESSION 3

EXERCISE FOR LEGS

Tone the leg muscles and improves circulation with targeted exercises, course in the water!

SESSION 4

AB EXERCISE

Train your abs effectively in water! Here are the ideal exercises to improve your waistline without stress to your back.

SESSION 5

TOTAL BODY EXERCISE

A complete workout to lose weight and tone your whole body thanks to the water massage.

SESSION 6

THE AEROBIC CIRCUIT

Ready to sweat with aerobics? The water resistance will increase your effort and pool exercises are even more effective!

SESSION 7

CIRCUIT TRAINING

If a really tough workout circles then this workout is for you! Finds strength and tone with the help of water.

SESSION 8

LEGS / ABS / GLUTES

If you want toned legs, flat stomach and a b-side to cover the water aerobics workout it is the ideal solution for you!

SESSION 9

EXERCISES FOR THE MOVEMENT

Heavy and tired legs? It improves circulation and reduces swelling with water massage!.

SESSION 10

EXERCISES FOR THE ARMS

Firmer and toned arms with the exercises in the water! Discover the ball to train effectively and fun.

SESSION 1 > RELAXATION EXERCISES AND STRETCHING



MAIN SESSION

TOUCH

BREATHING

SIDE-UPS

CYCLING

RELAXATION

STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

swimming pool,
bathing suit

1 | STAND UP STRAICHT

2 | SWIMMING FOR LIFE

3 PREPARING THE FIRST LESSONS OF SWIMMING

4 TRAIN FOR LIFE

6 QUICK PICK



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SESSION 2 > GYMNASTIC EXERCISE

To start off your workout in water proof gentle exercise, low intensity physical activity suitable for all ages and all body types



30 minutes

MAIN SESSION

STEP BY STEP

MARCIA LOCALLY

March in place for 5 minutes alternating between 8 movements with your legs together and 8 feet apart.

SQUAT + TWIST

Perform 3 series of 16 repetitions of squats combined with twisting of the torso.

BUTTOCKS ON THE SIDE

Standing next to the pool bar, side leg lift, perform 3 sets of 16 repetitions each.

ABS

With his back poolside bring your knees to your chest, perform 3 to 16 repetitions each.

LUNGES

Perform 3 sets of 16 reps of lunges back opening his arms.



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SESSION 3 > EXERCISE FOR LEGS



MAIN SESSION

BUTTOCKS

Hands resting on the poolside, resting on one leg, perform leaps backward rotated with extra foot. 3 of 16 reps.

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SESSION 4 > AB EXERCISE

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30 minutes

MAIN SESSION

STEP BY STEP

DIAGONAL WORK

Resting with his back to the poolside, bring your knees to your chest and then stretch your legs diagonally. Perform 3 series of 16 repetitions each separated by a few seconds of recovery.

TWIST JUMP

Perform jumps with rotation of the trunk alternatively, silverskin 8 feet together to 8 feet apart for 3 minutes.

CLIMBING

In flotation, try to walk on the edge of the tank upwards, then return to the ground. Repeat 16 times.

CANCAN

Perform jumps bringing the knee to the chest, right 8 times, 8 times the left, for 3 minutes.

LEG LAUGHED

Leg laughed, resting with his back to the poolside, lift to the team both legs together and stretched out and return to starting position. Perform 3 series of 16 repetitions each.

STRETCHING

Clinging to the edge, back with his feet along the wall of the tank carrying the knees as high as possible. Place the tips of the feet to the tub and stretch the column while maintaining the position for 1 minute.



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SESSION 5 > TOTAL BODY EXERCISE

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30 minutes

MAIN SESSION

STEP BY STEP

DIAGONAL WORK

Resting with his back to the poolside, bring your knees to your chest and then stretch your legs diagonally. Perform 3 series of 16 repetitions each separated by a few seconds of recovery.

SIDE TO SIDE

Run side jumps alternating feet together for 3 minutes.

BACK + ABS

Place the hands at the poolside. Bend your knees and fix the toes to the edge. Working with back and abdominal, lift the bent leg and try to bring the right knee to the respective elbow. Perform 16 repetitions on each side, then alternating right and left for a further 16 times. Rest if necessary.

RUNNING

Running water for 3 minutes.

LEG EXTENTION

Resting with his back by the pool, lift your legs at right angles, then bend your knees and lay them. Perform 3 series of 16 repetitions each.

STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

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SESSION 6 > THE AEROBIC CIRCUIT

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30 minutes

MAIN SESSION

STEP BY STEP

JUMPING JACKS

Jump alternating legs together straddling bringing your arms by your sides to above your head for 3 minutes.

KNEES TO CHEST

Skip collecting your knees to your chest, use your arms to maintain stability for 3 minutes.

FLUTTER KICK

Jumping alternating one leg behind the other with a full range movement with accompanying arm movements for 3 minutes.

SQUAT JUMPS

Perform the squat jumping. Bring your arms under water when dell'accosciata and over your head at the moment of the jump for 3 minutes.

CHAOS CARDIO

Running zigzag, then turn and run straight into the current just created. Continue for 5 minutes.

STAFF

1 teacher

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30 minutes

MAIN SESSION

STEP BY STEP

POOLSIDE KNEE UP

Floating in a supine resting by the pool, bring your knees to your chest, trying to keep your back as much as possible on the surface. Perform 3 series of 16 repetitions each.

CHEERLEADERS KNEE UP

Lift one leg bringing the knee to the chest. The elbow of the arm opposite approaches to the knee while the other arm moves stretched behind his back. Perform 3 series of 16 repetitions each.

ALTERNATE ARM PULLS

A wide apart and slightly bent legs, a toggle arm forward the other backward, maintaining stiff arms and hands. Keep the arms as close as possible to the body to take advantage of the current created as massage. Perform 3 series of 16 repetitions each.

PUSH UP POOLSIDE

Foot bath, hands resting on the edge, feet away, perform the pushups focusing the work on chest and back without arching your back. . Perform 3 series of 16 repetitions each

SQUAT PLIÉ

Legs apart, slightly rotated foot, perform push ups on the legs accompanied by raised side of the arms. Perform 3 series of 16 repetitions each.



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30 minutes

MAIN SESSION

STEP BY STEP

TWIST SUPINE LEG

In floating with her arms resting on the poolside bring your legs to your chest by rotating the pelvis alternately right and left. Perform 3 series of 16 repetitions each.

FRONT FLUTTER KICKS

In floating prone with his arms at the poolside, move his legs stretched out, as if you swam freestyle, without bending your knees. Perform larger movements can for 3 minutes.

PELVIC CIRCLE

Legs apart, hands on hips, back of the circles with the pelvis for 3 to 16 repetitions each.



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30 minutes

MAIN SESSION

STEP BY STEP

ROTATIONS LEGS

In support with one hand at the poolside, draw circles with the outer leg.

REPEAT 16 TIMES

Change to and repeat 16 more times, then change leg support. Perform 3 sets.

BIKE

With his back poolside perform the bicycle for five minutes.

MOMENTUM LEGS

In support with one hand at the poolside, slim the outer leg upwards from the edge without extra rotate the foot. Repeat 16 times then change the leg support. Perform 3 sets.

CYCLING

With his back against a poolside snack run the bike for 5 minutes.

LEGS TEAM

With his back to the poolside, raise both legs to the team divaricarle and then close them. Perform 3 series of 16 repetitions each.

BIKE

With his back against a poolside snack run the bike for 5 minutes.

RELAXATION LEGS

Standing, legs slightly apart, bend your knees slightly and quickly alternately leaving relaxed leg muscles for 2 minutes.



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MAIN SESSION

Grasp with one hand the edge of the pool and, maintaining the low shoulder, turn around so that the biceps of the arm anchored to the edge is as close to the chest. Maintain the position 20 seconds, then turn on the opposite side stretching the pectoralis. Hold for 20 seconds then switch sides.

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