

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

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

SESSION 4

AB EXERCISE

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!

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EXERCISES FOR THE ARMS

BRAIN, Haertesport

5. WATER AEROBICS







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	30 minutes								
	MAIN SESSION								
STAFF	TOUCH	BREATHING	SIDE-UPS	CYCLING	RELAXATION				
1 teacher	Run side step open - close coupled to the side and front	Breathe deeply, opening his arms on the water surface	Legs apart, rocking shifting his weight from side to side when	With his back against a poolside snack run the bike for	Llegs apart, arms on the surface, alternately rotate				
DURATION OF THE SESSION	raises the arms, for 3 minutes.	while inhaling and exhaling closing them. Slowly repeat 16 times.	the right leg is bent, perform a lateral flexion of the torso to the right, bringing the left arm up over your head, then fold the opposite leg and stretch your left arm at the shoulder by performing an hourly circling. Move your torso to	5 minutes.	your torso to the right and left, tracing the circles with your arms on the water surface. Slowly repeat 16 times.				
30 minutes									
EQUIPMENT									
swimming pool, bathing suit									
1 STAND UP STRAICHT			the left. Repeat 16 times, then switch sides.						
2 SWIMMING FOR LIFE									
PREPARING THE FIRST LESSONS OF SWIMMING									
4 TRAIN FOR LIFE									
6 QUICK PICK									
	1		1						



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	วบ แบบแร						
	STEP BY STEP						
STAFF	MARCIA LOCALLY	SQUAT + TWIST	BUTTOCKS ON THE SIDE	ABS			
1 teacher	March in place for 5 minutes	Perform 3 series of 16	Standing next to the pool bar,	With his back poolside bring			
DURATION OF THE SESSION	alternating between 8 movements with your legs	repetitions of squats combined with twisting of the	side leg lift, perform 3 sets of 16 repetitions each.	your knees to your chest, perform 3 to 16 repetitions each.			
30 minutes	together and 8 feet apart.	torso.					
EQUIPMENT							
swimming pool, bathing suit							
1 STAND UP STRAICHT 2 SWIMMING FOR LIFE PREPARING THE FIRST LESSONS OF SWIMMING 4 TRAIN FOR LIFE 6 QUICK PICK							

LUNGES

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



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	MAIN SESSION								
			STEP B	Y STEP					
STAFF	JOG IN PLACE	ADDUCTION	JOG IN PLACE	ABDUCTOR	JOG IN PLACE	BUTTOCKS			
1 teacher	Running in place	Resting on the edge,	Running in place	Resting on the edge, leaning back, legs together and raised to 90°. Open the right side, then bring it back together. Alternating right and left for 3 to 16 reps.	Running in place gradually increasing the range of motion for 5 minutes.	Hands resting on the poolside, resting on one leg, perform leaps backward rotated with extra foot. 3 of 16 reps.			
DURATION OF THE SESSION	gradually increasing the range of motion for 5	back adhering to the tank, perform large movements with his legs, as if they swam	gradually increasing the range of motion for 5 minutes.						
30 minutes	minutes.								
EQUIPMENT		breaststroke. 3 by 16 repetitions each spaced							
swimming pool, bathing suit		by a few seconds of recovery.							
1 STAND UP STRAICHT									
2 SWIMMING FOR LIFE									
3 PREPARING THE FIRST LESSONS OF SWIMMING									
4 TRAIN FOR LIFE									
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		30 minutes							
		MAIN SESSION							
	STEP BY STEP								
STAFF	DIAGONAL WORK	TWIST JUMP	CLIMBING	CANCAN	LEG LAUGHED	STRETCHING			
1 teacher	Resting with his back to	Perform jumps with	In flotation, try to walk	Perform jumps bringing	Leg laughed, resting	Clinging to the edge,			
DURATION OF THE SESSION	knees to your chest and alternativel	rotation of the trunk alternatively, silverskin	on the edge of the tank upwards, then return to the ground. Repeat 16 times.	the knee to the chest, right 8 times, 8 times the left, for 3 minutes.	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	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			
30 minutes	then stretch your legs diagonally. Perform 3								
EQUIPMENT	series of 16 repetitions each separated by a few								
swimming pool, bathing suit	seconds of recovery.				repetitions each.	the column while maintaining the position for 1 minute.			
1 STAND UP STRAICHT									
2 SWIMMING FOR LIFE									
PREPARING THE FIRST LESSONS OF SWIMMING									
4 TRAIN FOR LIFE									
6 QUICK PICK									
	1								



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			30 minutes						
	MAIN SESSION								
	STEP BY STEP								
STAFF	DIAGONAL WORK	SIDE TO SIDE	BACK + ABS	RUNNING	LEG EXTENTION				
1 teacher	Resting with his back to the	Run side jumps alternating	Place the hands at the	Running water for 3 minutes.	Resting with his back by the				
DURATION OF THE SESSION	poolside, bring your knees to your chest and then stretch	feet together for 3 minutes.	poolside. Bend your knees and fix the toes to the edge.		pool, lift your legs at right angles, then bend your knees and lay them. Perform 3 series of 16 repetitions each.				
30 minutes	your legs diagonally. Perform 3 series of 16 repetitions each		Working with back and abdominal, lift the bent leg and						
EQUIPMENT	separated by a few seconds of recovery.		try to bring the right knee to the respective elbow. Perform						
swimming pool, bathing suit	recevery.		16 repetitions on each side, then alternating right and left for a further 16 times. Rest if						
1 STAND UP STRAICHT			necessary.						
2 SWIMMING FOR LIFE									
PREPARING THE FIRST LESSONS OF SWIMMING									
4 TRAIN FOR LIFE 6 QUICK PICK									



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	STEP BY STEP							
STAFF	JUMPING JACKS	KNEES TO CHEST	FLUTTER KICK	SQUAT JUMPS				
1 teacher	Jump alternating legs together	Skip collecting your knees	Jumping alternating one	Perform the squat jumping.				
DURATION OF THE SESSION	straddling bringing your arms by your sides to above your	to your chest, use your arms to maintain stability for 3 minutes.	leg behind the other with a full range movement with accompanying arm movements for 3 minutes.	Bring your arms under water when dell'accosciata and over your head at the moment of the jump for 3 minutes.				
30 minutes	head for 3 minutes.							
EQUIPMENT								
swimming pool, bathing suit								
1 STAND UP STRAICHT 2 SWIMMING FOR LIFE PREPARING THE FIRST LESSONS OF SWIMMING TRAIN FOR LIFE OUICK PICK								

CHAOS CARDIO

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



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POOLSIDE KNEE UP

Floating in a supine resting by

your chest, trying to keep your

the pool, bring your knees to

back as much as possible on

the surface. Perform 3 series

of 16 repetitions each.



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MAIN SESSION

STEP BY STEP

STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EOUIPMENT

swimming pool, bathing suit

- 1 STAND UP STRAICHT
- 2 SWIMMING FOR LIFE
- PREPARING THE FIRST LESSONS OF SWIMMING
- 4 TRAIN FOR LIFE
- 6 OUICK PICK

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 PLIÈ

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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STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

swimming pool, bathing suit

- 1 STAND UP STRAICHT
- 2 SWIMMING FOR LIFE
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MAIN SESSION

	MAIN SLSSIUN	
	STEP BY STEP	
TWIST SUPINE LEG	FRONT FLUTTER KICKS	0 0 1 2 0 0 0
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.	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.	Legs pelvis

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							
STAFF	ROTATIONS LEGS	REPEAT 16 TIMES	BIKE	MOMENTUM LEGS				
1 teacher Duration of the session 30 minutes	In support with one hand at the poolside, draw circles with the outer leg.	Change to and repeat 16 more times, then change leg support. Perform 3 sets.	With his back poolside perform the bicycle for five minutes.	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.				
EQUIPMENT Swimming pool,	CYCLING	LEGS TEAM	BIKE	RELAXATION LEGS				
bathing suit 1 STAND UP STRAICHT 2 SWIMMING FOR LIFE	With his back against a poolside snack run the bike for 5 minutes.	With his back to the poolside, raise both legs to the team divaricarle and then close them. Perform 3 series of 16 repetitions each.	With his back against a poolside snack run the bike for 5 minutes.	Standing, legs slightly apart, bend your knees slightly and quickly alternately leaving relaxed leg muscles for 2 minutes.				
PREPARING THE FIRST LESSONS OF SWIMMING TRAIN FOR LIFE QUICK PICK								



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	STEP BY STEP								
STAFF	HEATING	TRICEPS	SHOULDERS	WATER TAXI	STRETCHING ARMS				
1 teacher	March in place by lifting the	Straddling dip the ball	Legs apart, immerse the ball	Sitting on the ball in floatation,	Grasp with one hand the edge				
DURATION OF THE SESSION	knees as possible, stretching your arms forward and	under the water and slowly, counteracting the force of lift, leaving the ball in the area resurface. Perform 3 series of 16 repetitions each.	under the water and describe the 8. Perform 3 series of 16 repetitions each.	swim only with arms for 1 minute.	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				
30 minutes	performing a torso twist for 3 minutes								
EQUIPMENT									
swimming pool, bathing suit									
1 STAND UP STRAICHT					sides.				
2 SWIMMING FOR LIFE									
3 PREPARING THE FIRST LESSONS OF SWIMMING									
4 TRAIN FOR LIFE									
6 QUICK PICK									