

BRAIN,  
HEART & SPORT

## WATER AEROBICS

# QUICK PICK 1

**QUICK  
PICK 1**  
WATER AEROBICS

**QUICK  
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WATER AEROBICS

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**QUICK  
PICK 11**  
WATER AEROBICS

**QUICK  
PICK 12**  
WATER AEROBICS

6.  
QUICK PICK  
WATER AEROBICS



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

bathing costume, eyewear,  
swimming cap

- 1 STAND UP STRAIGHT
- 2 SWIMMING FOR LIFE
- 3 PREPARING THE FIRST LESSONS OF SWIMMING
- 4 TRAIN FOR LIFE
- 5 WATER AEROBICS

QUICK PICK 1 > SESSION 1 > WATER AEROBICS

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

MAIN SESSION

①

EXERCISE 1

Start with the water that comes to the calves, then after 5 minutes walk, soaking up to the waist. Keep walking for another 5 minutes. This exercise is very good for the legs, but also helps the circulation and smoothes the tummy.



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## WATER AEROBICS

# QUICK PICK 2

**QUICK  
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WATER AEROBICS

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WATER AEROBICS

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6.  
QUICK PICK  
WATER AEROBICS



STAFF

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10 minutes

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# QUICK PICK 2 > SESSION 1 > WATER AEROBICS

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

## MAIN SESSION

①

EXERCISE 2

Stop in an increasingly point with water at the level of the stomach. Run in place. With a gentle pace, taking care to lift your toes and do force with the sole of the foot, as if you wanted to move the water. Do 60 repetitions.



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## WATER AEROBICS

# QUICK PICK 3

**QUICK  
PICK 1**

WATER AEROBICS

**QUICK  
PICK 2**

WATER AEROBICS

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WATER AEROBICS

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WATER AEROBICS

6.  
QUICK PICK  
WATER AEROBICS



STAFF

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# QUICK PICK 3 > SESSION 1 > WATER AEROBICS

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

## MAIN SESSION

①

EXERCISE 3

Always running in place maintaining the position, this time more than run you can try to propel backward first one leg and then the other. Repeat at least 30 times.



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## WATER AEROBICS

# QUICK PICK 4

**QUICK  
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WATER AEROBICS

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**6.  
QUICK PICK  
WATER AEROBICS**



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

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QUICK PICK 4 > **SESSION 1 > WATER AEROBICS**

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

**MAIN SESSION**

①

EXERCISE 4

Again running in place, this time run with her knees raised as if you bring them to your chest, then the other before a repeat for 60 times.V



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## WATER AEROBICS

# QUICK PICK 5

**QUICK  
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WATER AEROBICS

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WATER AEROBICS

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QUICK PICK 5 > SESSION 1 > WATER AEROBICS

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10 minutes

MAIN SESSION

①

EXERCISE 5

Always on site, the classic hopping spread-eagled, close and open her legs. Just a 3 repetitions of ten jumps. This same exercise can be repeated for those who know how to swim, and for those who are a bit more prepared, where is untouchable.



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## WATER AEROBICS

# QUICK PICK 6

**QUICK  
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WATER AEROBICS

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QUICK PICK  
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10 minutes

## MAIN SESSION

①

EXERCISE 6

Still hops but this time crossing his legs before the front and then behind. Repeat the exercise for 3 sets of ten. Even this exercise you can do where you do not touch.

BRAIN,  
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## WATER AEROBICS

# QUICK PICK 7

**QUICK  
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WATER AEROBICS

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10 minutes

## MAIN SESSION

①

### EXERCISE 7

We exercise the arms. Immerse yourself in water up to their necks, arms open, close and open, using your hands to move a greater amount of water. When the arms are closed, your palms should be facing forward; when the arms are opened again, palms facing outward, to create increased friction with the water. Run them 4 to 10 series.



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## WATER AEROBICS

# QUICK PICK 8

**QUICK  
PICK 1**

WATER AEROBICS

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10 minutes

MAIN SESSION

①

EXERCISE 8

Always with the water to the bent shoulders arms, palms of the man facing upwards. Alternatively bring your hands behind you, your hands should do as much friction as possible with water. Repeat at least 4 to 10 series.





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## WATER AEROBICS

# QUICK PICK 9

**QUICK  
PICK 1**

WATER AEROBICS

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10 minutes

MAIN SESSION

①

EXERCISE 9

An exercise that may seem a bit 'strange, but that is good for arms and buttocks is this: always with the water behind it must try to sculacciarsi with the greatest possible force the buttocks and hips, for at least a minute or two.

BRAIN,  
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## WATER AEROBICS

# QUICK PICK 10

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6.  
QUICK PICK  
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DURATION OF THE SESSION

10 minutes

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QUICK PICK 10 > SESSION 1 > WATER AEROBICS

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10 minutes

MAIN SESSION

①

EXERCISE 10

Again with the water up to your shoulders, arms at your sides and wide open palms facing outward, lift, then turn the palms inward and bring your arms at your sides. Most palms are open greater friction with the water and the better the yield for the year. Repeat at least 40 times.



BRAIN,  
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## WATER AEROBICS

# QUICK PICK 11

**QUICK  
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WATER AEROBICS

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QUICK PICK 11 > SESSION 1 > WATER AEROBICS

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

MAIN SESSION

①

EXERCISE 11

Getting water up to the shoulders, arms folded open fists, twisting the arms clockwise, as fast as possible for at least 60 seconds and repeat the exercise for 60 seconds, turning the arms counterclockwise.



BRAIN,  
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## WATER AEROBICS

# QUICK PICK 12

**QUICK  
PICK 1**

WATER AEROBICS

**QUICK  
PICK 2**

WATER AEROBICS

**QUICK  
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WATER AEROBICS

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**QUICK  
PICK 12**

WATER AEROBICS



6.  
QUICK PICK  
WATER AEROBICS



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10 minutes

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QUICK PICK 12 > SESSION 1 > WATER AEROBICS

Improve the correct posture during lessons and develop exercises of stretching and mobility



10 minutes

MAIN SESSION

①

EXERCISE 12

Now to the abdominal: wishing you can hold on to a buoy, the ladders of a boat, or by the pool. Facts do not go very high in the water but it is necessary that the feet are not touching. Pretend to sit with your legs stretched out, legs open and richiudetele, taking the position with the abdominal muscles. The exercise keeps you afloat but help yourself by closing and opening his arms. Repeat the exercise 20 times.