

## Cool Down for July 4<sup>th</sup>!

### Water Exercises

Staying indoors in the summer can be a drag, and sometimes the heat can make outdoor exercise dangerous. Try cooling off in the pool instead. Water aerobic exercise offers a virtually no-impact cardio and resistance workout. Let's face it – lap swimming can be really tough if you don't have a competitive swimming background. Try all or a combination of the following exercises to get your heart rate up, work the major muscles, and challenge your balance without swimming a single lap.

- **Fight Your Current High Knees**

- Keeping the chest lifted, quickly draw the knees up as you run through shallow water. After 15 seconds run backwards. Repeat 2-4 times.
- **Key:** Keep the abdominals engaged and chest lifted as you run (and run backwards) in a high knee stance. Concentrate more on the quick lifting of the legs, rather than how far forward you run.
- Other options:
  - Perform high knees in a wide-leg position and move side-to-side instead.
  - Try other types of leg options to fight your current: regular jog, butt kicks, bunny hops, combination of 2 options.

- **Jumping Jacks Interval**

- In 30-second intervals, perform the following sequence:
  - Regular jumping jacks: Keep your fingers tightly closed and arms in the water.
  - Low jumping jacks: From a half squat position (bending slightly through the hips and knees) perform a jumping jack while keeping the shoulders level (i.e., they shouldn't bob up and down). You will feel this in your quads and core.
  - Suspended jumping jacks: Similar to the low jumping jack, but both legs are suspended off of the bottom of the pool floor. You are essentially treading water in a jumping jack motion as fast as you can.
  - Plyo Jacks:
    - Starting with your feet together, perform a jumping jack without letting your feet touch the floor when you spread the legs outward. Jump again from the feet together position



- Keep the back foot softly in contact with the pool floor.
  - Using aqua dumbbells, perform a chest fly instead.
  - Place the balancing foot (like you're wearing a ski) on another noodle to add more balance challenge.
- **Tricep Extensions (equipment: noodle)**
    - Standing on one leg, with feet in tandem, or in a narrow, regular, or wide stand, place both hands on the noodle directly below the armpits.
    - Exhale as you extend through the elbow and push the noodle downwards in the water. Slowly resist the noodle as it ascends back to the surface.
    - Perform 2 sets of 15-20 reps, adding 15 seconds of pulsing at the end of each set. Change legs if balancing on one leg or if feet are in tandem before performing the second set.
    - **Key:** This exercise involves movement at the elbow joint only – do not swing through the shoulder. Be careful not to roll the wrists forward or backward – keep them neutral.
    - Other Options:
      - Perform this exercise using your hands only. With palms facing down, extend through the elbows. Turn the palms facing up and pull in a bicep curl back to the surface.
  - **Kickboard Balance (equipment: 2 kickboards)**
    - This is a 2-person activity.
    - Sitting on a kickboard, person 1 tries to stay on the kickboard without using arms or legs for balance (engage the core instead).
    - Person 2 places their hands on each end of the 2<sup>nd</sup> kickboard. Submerging the kickboard, person 2 violently presses the kickboard through the water, trying to make waves to knock person 1 off of their kickboard.
    - After 1-3 minutes, switch positions.
    - **Key:**
      - Person 1: Engage core – think about zipping up the belly, but keep breathing.
      - Person 2: Keep the kickboard close to your partner, and push the water towards them.
    - Other options:
      - Person 1 can kneel on the kickboard for additional balance challenge.