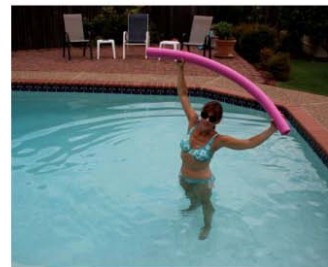
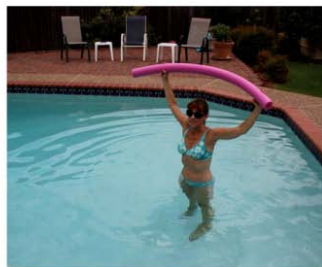
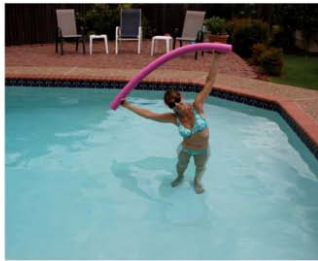


Water Noodle Workout

by Kimberlee from Kimberlees Korner

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1. Hold foam water noodle over head and move back and forth from side to side - 30 reps



2. Place foam noodle in water and move back and forth - noodle & arms only keep feet planted, twisting from the core - 30 reps



3. Hold foam noodle in front of you and raise leg up and down - do 15 reps with a pointed toe and 15 reps with a flexed foot - repeat on the other leg



4. Hold foam noodle out in front of you and place your foot in the center - then press the noodle down into the water then bring foot back up - 20 reps on each leg



5. Hold foam noodle out in front of you and raise one leg behind you with pointed foot - 15 reps, then do the same move with a flexed foot - 15 reps Repeat on other leg



6. Hold foam noodle in front of you, arms stretched out, raise over head to back side as far as you can - 20 reps



7. Sitting on foam noodle move your arms up and in a backward motion to propel you through the water. You will not use your legs and move to the other end of the pool - Go down and back 4 - 6 times



8. Lay in water with arms outstretched in front of you on foam noodle and kick your feet - swimming down the length of the pool - Do 4 - 6 laps



9. Laying in water with foam noodle in front of you move legs in a frog style motion as you move forward to the other end - Do 4 - 6 laps



10. Lay on back with noodle in front over ab area and flutter kick with your feet down to the other end of the pool - Do 4 - 6 laps



11. Laying on back with foam noodle in front over ab area do a frog style kick down to the other end - Do 4 - 6 laps



12. In the deep end push foam noodle down in front of you and propel yourself over it and then bring it back to the front, jumping over it again, and repeat - 15 - 20 reps



13. Lay in deep end with foam noodle in front of you and twist your hips to the right and then the left
Do 20 - 30 reps

After all exercises are completed tread water for 3 to 5 minutes.

I hope you enjoy this workout.