



Aquacycle with Noodle 1

Grab a noodle and get fit in the water without straining your joints.

Remember with any class: fatigue is good; pain is bad, so do what you can without pain.

Equipment: Noodle, water bottle and shoes if preferred

Time	Movement	Tips
1 min	2 leg cycle forward- you can choose to stay stationary or you can choose to travel.	Posture check- shoulders over hip, hips over knees.
1 min	2 leg cycle backward- travel or stay stationary.	Shoulders back
2 min	2 leg cycle focusing on quick small movements to get that heart rate up 10 sec quick range of motion then 5 sec big range of motion	Remember to breathe! When we push up the tempo we tend to hold your breath, so as you know think of a funny joke and laugh while you pedal your heart out
1 min each side	Extend right leg straight and focus on left side. Switch sides	While focusing on the one side focus on your range of motion going around.
1 min	2 leg cycle and touch opposite elbow to opposite knee	Remember to return to proper posture check
1 min	2 leg cycle with arm drag- do each arm independently then do both	Make sure you do not over extend your arms
3mins- forward 3 mins- reverse	2 leg cycle- 1 min arms on noodle- 1 min arms on shoulders- 1 min arms up as high as you can Repeat in reverse	Be mindful of how long you do this. I put 3 mins but please change to what you can do comfortably
1 min	2 leg cycle with trying to “pop” out of the water for 5 secs. Push hard and push fast to get those shoulders out.	5 seconds too easy – do a mountain climber and add 5 secs to each repetition to get that hear rate up
1 min	2 leg cycle-happy hamster wheel- 5 rotations forward and 5 rotations backward	Pick up the pace- see how fast you can go from forward to reverse
1 min	2 leg cycle with tricep dip- lock those elbows to your side palms facing down and push the water behind you.	Only take those arms back up to your elbow
1 min	2 leg cycle move noodle in front (push up position)	Make sure noodle is directly below your shoulders- this position moves your body position to semi horizontal.