



Aquacycle with Noodle 2

Grab 3 Noodles 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: 3 Noodles, water bottle and shoes if preferred

Time	Movement	Tips
1 min	2 leg cycle forward with noodle in front (bend arms at elbows)	Posture check- shoulders over hip, hips over knees.
1 min	2 leg cycle forward with noodle in front (straight arms to engage the core)	Shoulders back keep that core engaged
1 min	2 leg cycling- racing cycling	As fast as you can!
1 min	2 leg cycle with noodles held on each side of your body	Feel like an extra challenge? Try pulsing the noodles down to work those arms and shoulders
1 min	Wide leg cycling- increase your range of motion and open up those hips	Be aware of where your flexibility goes, don't push it too far
1 min	Wide leg cycling to normal leg cycling	Start at a count of 5 per wide then normal. Up your count by 5 secs each time
1 min	Wide leg cycling going forward for 5 secs then reverse for 5 secs	Up your time or distance
1min each side	Side cycling-place noodle either at the side under one arm or around your back for support	As you move to each side make sure you center yourself before moving from side to side
1 min	Side cycling with figure 8	Go in a figure 8 motion to engage each part of your core.
1 min each side	Side cycling with one leg- use the other leg as drag	Switch bottom and top leg
1 min	1 leg cycle forward- skateboard.	Keep other leg straight- want more of a challenge? Put the noodle under the straight leg. Maintain that balance.
1 min	1 leg cycle forward and backward using a swing arm (like skiing)	Keep that posture- shoulders back
1 min	Figure 4- place one foot on your opposite knee and sit down	Bring that leg up higher , if you need more of a stretch