



Aquafit with Balls

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

If you have shoulder problems, make sure you keep your shoulders under the water.
Remember with any class: fatigue is good; pain is bad, so do what you can without pain.

Equipment: 2 balls (bigger ball more of a challenge), water bottle and shoes if preferred

Time	Movement	Tips
1 min	Forward fall with ball in hands in front and recover	Depending on comfort level see how far forward you can go and use those abs to recover.
1 min	Backward fall with the ball hands in front and recover	You might get your hair wet depending on how far you fall back
1 min- 30 sec each side	Sideway fall with the ball in one hand, and recover	Use that core to recover back to standing.
1 min	Push ball in front of your body with 2 hands then 1	Make sure you do each side for 30 sec
1 min	Jogging legs and push ball around your body under the water.	Keep those knees high
1 min	Push ball down in front and add a frog jump.	Try to get those knees up as high as you can.
1min	Place ball in front and jab the ball with your arm	Use your forearm to push that ball at the surface of the water
1 min	Place the ball in front and jab the ball with your elbow	Make sure you return to correct posture
1 min	Place the ball in front and fist jab the ball	Get some of that frustration out but don't squeeze those fists too hard.
1 min	Place the ball in front and undercut jab the ball	Try to get that ball to come up out of the water.
1 min	Place the ball in front and diagonal chop the ball	Do not let that ball go too far!
1 min	Place the ball in front and alternate the ball to each knee	Keep correct posture
1 min	Take that ball and push it under the water under each alternating leg	Try not to let that ball pop out of the water
1 min	Suntan superman with ball in hands	Use that core to do most of the work
1 min	Place ball between knees and squeeze it as hard as you can and twist	Focus on those adductors
1 min	Keep that ball between your knees, do a reverse crunch.	Want more of a challenge try not to touch the bottom.

1 min	Keeping that ball between your knees, and jump forward to the right, to the back then to left and repeat!	See how quickly you can get all the way around.
1 min each side	Place the ball in one hand and push it down toward the bottom- switch sides	If you have shoulder issues make sure you keep them underwater.
1 min	Ball in front walk backwards	Remember toe ball heel
1 min	Take ball in both hands and move side to side and stretch out both sides	
1 min	Ball in hands in front and do a figure 4	