



Aquafit with noodles

Get fit in the water without straining your joints. A noodle is an aquafitter's best friend!!

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

Equipment: 1 or 2 noodles, water bottle and shoes if preferred

Time	Movement	Tips
1 min	Jogging with abdominal twist with knee or toe touch	Only go as far as you can
1 min	Upright row – noodle in front (down and outward) with run	Shoulders back
1 min	Triceps extension- sitting on noodle taking noodle behind back bringing it up as high as you can and back to sitting on noodle	Do not overextend
1 min	Rolling pin- noodle in front pushing in and out with a forward rock	Make sure you get both sides evenly
1 min	Chest press- leaning forward push the noodle down	For more of a challenge take those feet off the bottom and keep that core engaged
1 min	Leaning forward- noodle directly below your shoulders- bring your right knee up to the noodle- alternate sides- once both sides are done bring both knees into the noodle for a reverse crunch	For more of a challenge get both of those feet off the floor and keep that core in check.
1 min	Take that noodle behind your back and lay back with those feet off the bottom- bring those shoulders up as close as you can to your chest-	When you crunch up, the waves will start so get ready for splashes 😊
1 min	Still laying on your back noodle behind- alternate each knee coming up to your chest	
1 min	Come back to a vertical position, noodle still behind your back. Place your feet in a diamond position. Feet together in the middle and knees out. Bring that diamond up to the surface and back down to vertical	To add to the diamond, take it to the right then to the left. Want to up it another notch? Butterfly those legs in and out keeping those feet together.
1 min	Take that noodle behind your back grab the ends so its in an upside-down u shape. Criss cross the noodle ends behind your back.	Make you rotate ach arm over each other.

1 min	Sit on the noodle and swing those arms and legs back and forth.	To switch it up alternate each leg to focus on each side evenly
1 min	Noodle jump rope	Place your hands a little bit further down from the ends of the noodle. Use that core to get from one side of the noodle to the other. For more of a challenge cross those legs.
1 min	Suntan superman holding onto the noodle in front	use that core
1 min each side	Put the noodle under one foot and push it down to the bottom do this for	Get both sides evenly
1 min	Keep that noodle under your foot, pulse it to one side as quickly as you can	Get both sides evenly
1 min	Place the noodle under both feet and push down together	Try to stay as vertical as possible
30 sec	Stretch- hold noodle at ends with arms overhead- use those obliques and lean to the side	15 sec each side
30 sec	Fall forward with noodle in front	Try to bring those feet off the bottom
30 sec	Hold noodle in front place one ankle on the opposite knee and sit down for a gluteal stretch	15 sec each side
30 sec	Hold noodle with one leg bent backward	Switch sides
30 sec	Hold noodle at the ends with noodle behind body and do a slow walk with your shoulders back	Watch for over extension!
30 sec	Adductor and abductor stretch- legs apart and noodle in front	Move from side to side to feel that stretch
30 sec	Noodle in front grab that foot and pull back to get that glute stretch	If you have issues with your knees DO NOT grab that foot just bring it back
30 sec	Noodle in front- 1 foot forward and 1 foot back, the foot in the back keep that heel down and bend the knee in front	DO NOT let that knee go in front of your foot.