



Create-a-Class: Body Conditioning

The template below is for a pre-choreographed aqua strength class

Warm Up: 10 minutes – select short lever for acclimation & bigger moves for dynamic

- Acclimation:
- Dynamic:

SET Prep: 3 minutes – select joint movements for arms & legs

- Arms:
- Legs:
- Cardio:

SET Format: 25-27 minutes

Select 2 exercises for Strength and 2 exercises for Drills (endurance)

Chest Strength:

- 1.
- 2.

Chest Drill:

- 1.
- 2.

Leg Strength:

- 1.
- 2.

Leg Drill:

- 1.
- 2.

Triceps Strength:

- 1.
- 2.

Triceps Drill:

- 1.
- 2.

Back Strength:

- 1.
- 2.

Back Drill:

- 1.
- 2.

Leg Strength:

- 1.
- 2.

Leg Drill:

- 1.
- 2.

Biceps Strength:

- 1.
- 2.

Biceps Drill:

- 1.
- 2.

Core Strength:

- 1.
- 2.

Core Drill:

- 1.
- 2.

Cooldown Stretch: 5 minutes