



POOL EXERCISES: NO SWIMMING REQUIRED FOR A MAXIMUM CALORIE BURN

The hot summer months are a perfect time to cool off with a refreshing workout in the pool. Safe, low impact pool exercises neutralize gravity, and the addition of buoyant devices or resistant gear forces you to engage and firm multiple muscle groups to counter the flotation while burning calories. Multi joint, multi muscle resistance exercises build muscle, burn fat and are an excellent way to help meet your fitness goals because they are an effective and efficient way to increase your heart rate by utilizing compound movements to work a lot of muscles at the same time. Circuit training keeps you moving for maximum calorie burn and you can challenge yourself by increasing the intensity of your program through increased workout frequency and/ or duration. Pool exercises are the perfect compliment to your weight training regimen. Plus, aquatic exercises can increase your strength, endurance, and flexibility! From being helpful for people with joint conditions to a method of cross-training for athletes, water also provides constant multi-directional resistance. Bottom line, pool exercises may be one of the best workouts no one is talking about!

Here are some great workouts designed for all levels you can do in your backyard pool, your subdivision pool, the community aquatic center or even the hotel pool when traveling for work or on vacation! Minimal equipment, towel, noodle, and kickboard, is all you need to get started. Do 1 circuit or all 5 circuits or any combination going at a pace that's comfortable for you. Perform 2-5 sets of 10-15 reps for each circuit. Check out the video of each of these exercise circuits at the House of Payne Personal Training Exercise Video Library. To boost intensity and calorie burn, throw in two minutes of high knees after every circuit. As always, safety is the number one priority, so performing your water exercises in the shallow end of the pool or with the assistance of a float is essential and it's a good idea to check with your doctor before trying this type of workout.



To watch the video of each of these exercise circuits, [click here](#) to go to the House of Payne Personal Training Exercise Video Library.



CIRCUIT 1

1. Walk In Water

- Start by walking across the pool.
- Lengthen your spine and walk by putting pressure on your heel first and then your toes.
- Keep your arms at your side, in the water, and move them as you walk.
- Engage your core and stand tall as you walk.

Increase your intensity by Side Shuffling or Running. When running, you'll need to lean forward from the ankles, pump your arms, and bring your legs into a high-knee position before extending them back down to move forward.

2. High-Knee Lift Extensions – Alternating

- Engage your core as you lift your right leg, bending your knee until your leg is level with the water.
- Pause with your leg lifted for a few seconds.
- Extend your leg straight out and hold this position for a few seconds.
- Slowly lower your leg down, keeping it straight.
- Repeat this move with your left leg.

3. Water Arm Lifts

- Hold the arms at your side, palms facing up.
- Draw your elbows close to your torso as you lift your forearms to the height of the water.
- Rotate your wrists to turn your palms face down.
- Lower your arms back to the starting position.

4. Leg Lifts

- Sit on the edge of the pool with your legs extended and toes pointing toward the bottom of the pool. The water should come to about mid-thigh. Lean back slightly with your hands behind your body for support.
- Keeping your legs straight, lift your legs off the water to form a “V” with your body. Point the toes and keep your legs together at all times.
- Lower your legs to the starting position.

ADVANCED

- Lean on the edge of the pool with your elbows and your legs pointing straight down and held together.
- Lift your legs up until they reach the top of the water.
- Lower your legs back down to start position.

CIRCUIT 2

1. Jumping Jacks

- Start with your feet together and your arms at your side.
- Jump by moving your legs outward and, at the same time, bringing your arms over your head.
- Jump again to return to the starting position with your feet together and your arms at your side.

2. Leg Curls – Alternating

- Stand with feet together.
- Extend arms out to sides and hold the edge of the pool with one hand for balance.
- Bending your left knee, perform butt kicks by tapping your butt with your heel. Tighten your glutes each time you bring your heel up.
- Lower and repeat with the right leg to complete one rep.

3. Lateral Arm Lifts

- Hold the arms at your side.
- Raise your arms to the side until they're level with the water and your shoulders.
- Lower your arms back down to your sides.



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4. Scissors

- Lean back against the pool wall, holding the edge for support.
- Raise your legs so they're parallel to the pool bottom, then spread your legs as wide as possible.
- Squeezing your inner thighs, bring the legs together, crossing left leg over right.
- Contracting outer thighs, open your legs back up to the starting position.
- Repeat, crossing right leg over left, to complete one rep.

CIRCUIT 3

1. Leg Kicks

- In a prone position, hold onto the pool ledge or hold a kickboard.
- Perform the following series of kicks, 10-20 reps each:
 - a. Flutter-kick your legs.
 - b. Do a breaststroke kick with your legs.
 - c. Follow with dolphin kicks.



2. Single Leg Deadlift

- Stand with feet hip-width apart and holding a noodle on water's surface with both hands slightly wider than shoulder-width apart.
- Press arms down as you raise your left leg behind you until parallel to the pool bottom.
- Return to start for one rep. Do all reps on one side then repeat on the other side.

3. Pool – Edge Push-Ups

- Place your hands on the edge of the pool, just over shoulder-width apart.
- Brace your core, shift your weight into your upper body so that your toes lift from the floor of the pool, and raise your torso out of the pool until your arms are fully extended.
- Pause, then slowly lower your body back to start and repeat.

MODIFICATION

If this feels too difficult on your chest, shoulders, or triceps, or if you aren't able to perform many reps with proper form, use your legs to jump off the bottom.

4. Core Twist

- Start standing with elbows by your sides and thumbs up.
- Perform torso rotation by twisting to the right and then to the left with arms and legs in opposition to each other.

CIRCUIT 4

1. Core Knee Lift – Alternating

- Start standing in the pool with elbows by your sides and thumbs up.
- Lift your right knee and hug around it, flexing your spine.

INTERMEDIATE

Squat Jumps

- Stand with your feet shoulder-width apart and toes turned slightly out.
- Squat down by sitting back into your hips and heels with flat feet.
- Straighten your hips, knees, and ankles to drive through the balls of your feet and jump up as high as possible into the air.
- Land on the balls of your feet, then immediately squat back down and repeat. Depending on your comfort level, you can squat low enough to dunk your head under water.

ADVANCED

Knee Tucks

- Float in deep water with noodle wrapped around the upper back and under arms, hands on either end.
- Extend legs toward pool bottom, feet together, toes pointed.
- Engage abs and raise knees toward the chest.
- Hold for two seconds, then straighten legs for one rep.

MORE ADVANCED

1. Tuck Jumps

- Stand in the water and jump, bringing your knees up to your chest.
- To make it more of a challenge, don't allow your feet to touch the bottom of the pool, instead treading water in-between jumps.

2. Noodle Lunge

- Stand with feet hip-width apart and hold one end of the noodle in each hand, arms extended in front of you underwater, noodle bent into a U.
- Push the noodle toward the pool bottom as you lift your left leg and step over the noodle into a lunge.
- Step back to start.
- Repeat on the opposite side for one rep.

3. Press to Row

- Start standing holding a kickboard against your torso and lower into a squat position so that your chest is submerged in the pool.
- Brace your core, and extend your arms and the kickboard forward against the water.
- Immediately pull your arms and the kickboard back toward your chest. You should feel the muscles of your back working.



4. The Noodle Plank

- Start by holding a noodle with both hands shoulder-width apart, arms extended in front of you.
- Engage your abs to stabilize and push noodle toward pool bottom, keeping arms straight, until in plank position while pushing your legs out into plank position.

“ To boost intensity and calorie burn, throw in two minutes of high knees after every circuit. ”

CIRCUIT 5

1. Ski Jumps

- Start standing with elbows by your sides and thumbs up.
- Perform a knee tuck and then extend legs out to the side
- Tuck back in and return to the starting position.
- Perform all repetitions on the right side and then switch to the left.

2. Supinated Leg Kicks

- Start in deep enough water that your feet are not touching the ground.
- Holding onto the edge of the pool or a flotation device, lift your legs so your body is in a horizontal position, keeping your spine neutral from the back of your head to your tailbone.
- With your knee soft, kick from your hip (as if you were kicking a soccer ball), whipping or flicking out through the toes.
- Repeat using the other leg. Move your legs faster and kick harder to up the resistance. You should be creating a small splash at the surface of the water.

3. Arm Curls

- Stand with your feet slightly turned out and far enough apart so that your shoulders are partly submerged. Form a “T” with your arms—bending at the elbows—so your palms face your chest, allowing your fingers to touch.
- Tightening your biceps and triceps, extend your arms out to sides from the elbows, like a door swinging open on a hinge, so that your palms face forward and your arms are parallel to pool bottom.
- Close your arms to complete one rep.

4. Pike Downs

- Holding a pool ladder with both hands and elbows bent, place noodle under stomach and float with legs extended behind you, feet together.
- Engage abs to stabilize and lower legs toward pool bottom, so the body forms a 90-degree angle.
- Return to start for one rep.

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THE BOTTOM LINE

Water workouts are an effective way to boost your cardio fitness while also strengthening the major muscle groups in your body. Swimming pool workouts are a great way to burn fat, trim your body, and have fun in the process.