

Aqua Tabata Sample Workout

Warm-up (5 minutes)

Tabata 1

Jogging with breaststroke arms (*first two rounds/cycles*)
High knee jogs with 'freestyle' arms (*two rounds/cycles*)
Double knee lift (*final four rounds/cycles*)

Tabata 2

Jump Jacks (*first four rounds/cycles*)
Cheerleaders (*final four rounds/cycles*)

Tabata 3 (*have buoys close by*)

Cross Country Ski with Buoys (*first four rounds/cycles*)
Leapin' Lizard with Buoys (*final four rounds/cycles*)

Tabata 4

Frog Jump with 'Football Pass' arms (*four rounds*)
Bunny Hop with 'garage door' arms *out of the water* (*four rounds*)

Tabata 5

Russian Cossack Kicks (*four rounds*)
Basket Ball Shoots (*four rounds*)

Tabata 6

Double Knee Lift with Buoys (*four rounds*)
Cheerleader with Buoys (*four rounds*)

Tabata 7

Around the clocks 12:00/9:00/6:00/3:00
Suspended move with bend/extend legs in all four directions

Tabata 8

Mountain Climbers (*at wall*)

Aqua Tabata Sample Workout – Strength & Cardio

Warm-up (5 minutes)

Tabata 1

Frogs (*breast stroke arms 2 rounds*)

Frogs (*football pass arms 2 rounds*)

Frogs (*lat pulls arms out of the water final 4 rounds*)

Tabata 2

Noodle push down- suspended; prone-position (*first four rounds/cycles*)

Noodle circles “ “ (*final four rounds, 2 in each direction*)

Tabata 3

Straddle (*first four rounds/cycles*)

Cheerleader (*final four rounds/cycles*)

Tabata 4

Pecs with band (*first four rounds/cycles*)

Triceps with band (*final four rounds- 2 each side*)

Option: With Buoys, arms extended to the side; buoys go down to side, slowly rise up to surface of water- Athletic stance

Tabata 5

Hitch-kick (*four rounds*)

Basketball shoot (*four rounds*)

Tabata 6

Plank position – right leg back; one buoy; right arm starts at top of water- bring buoy down to right side of body, slowly up to surface (*four rounds*)

Repeat left side (*four rounds*)

Tabata 7

Flutter kicks to the side; Noodle for suspension (*four rounds each side*)

Tabata 8

Mountain Climbers (*at wall*)

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