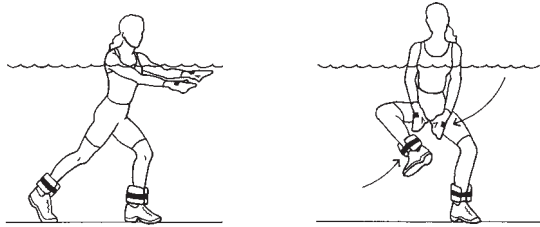


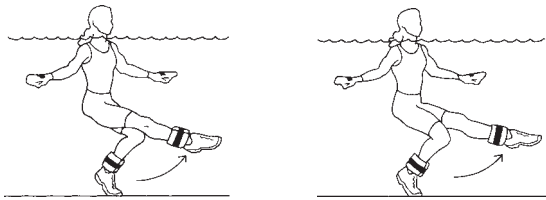
# HYDRO-FIT Aqua Technique II Workout

## CARDIO-TONE 1

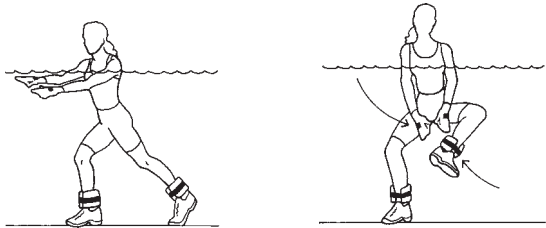
LUNGE – RIGHT / Instep Sweep – DOUBLE Arm



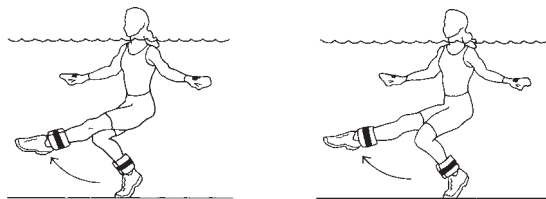
SIT KICK / Scull



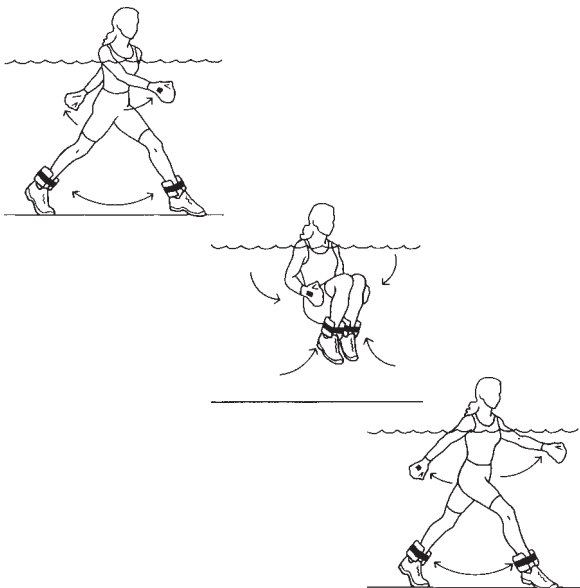
LUNGE – LEFT / Instep Sweep – DOUBLE Arm



SIT KICK / Scull

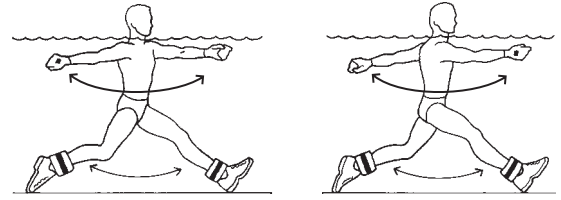


X-COUNTRY SKI / Tap & Tuck – FAST



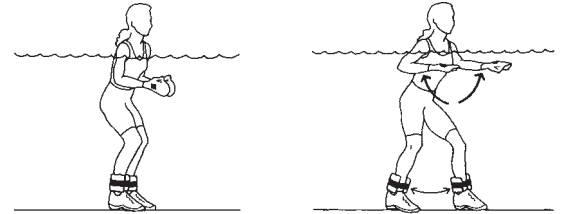
## CARDIO-TONE 1, continued

X-COUNTRY SKI / Power Arms

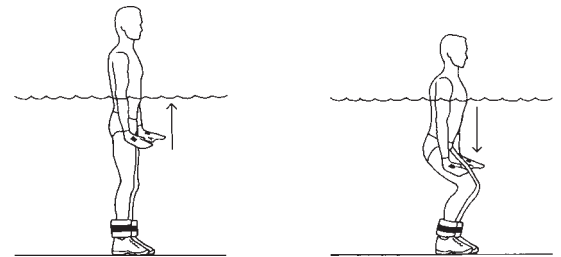


## CARDIO-TONE 2

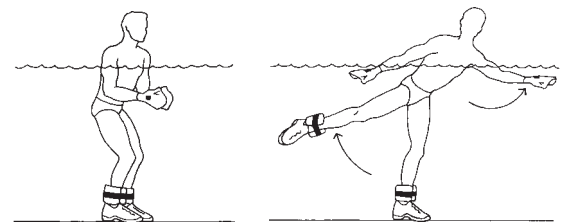
SQUAT JACKS / Power Shoulder Lift



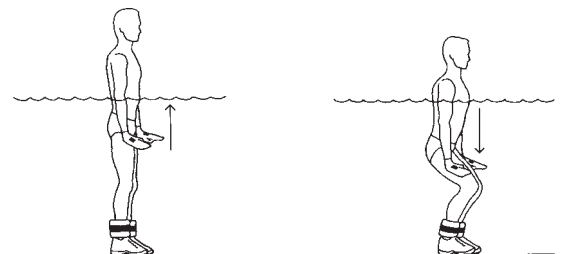
PULSE IN PLACE / Press & Lift at Sides



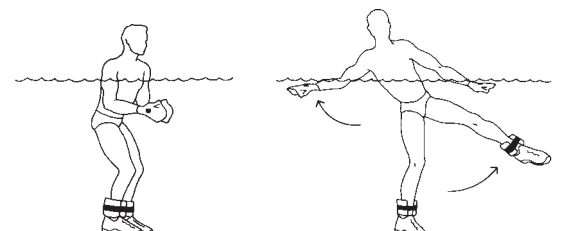
HALF PENDULUM / Reach – LEFT



PULSE IN PLACE / Press & Lift at Sides

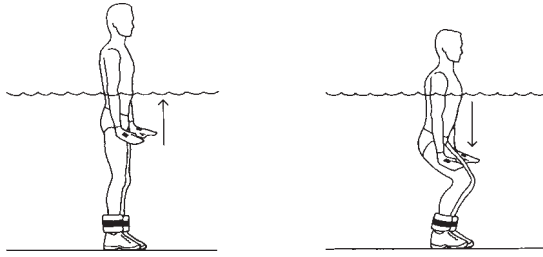


HALF PENDULUM / Reach – RIGHT

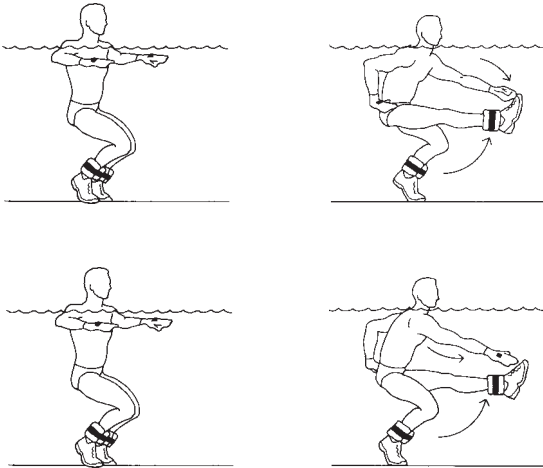


## CARDIO-TONE 2, continued

PULSE IN PLACE / Press & Lift at Sides

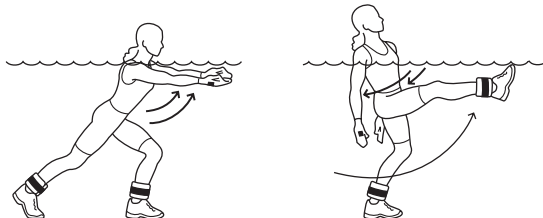


FRONT KICK – Curl / Toe Touch

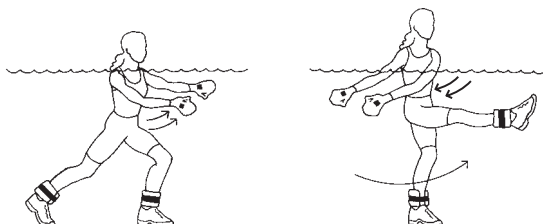


## CARDIO-TONE 3

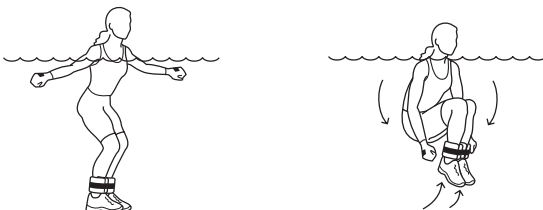
LEG LIFT – RIGHT / Power Scoop & Press



LEG LIFT – RIGHT / Power Sweep – DOUBLE Arm

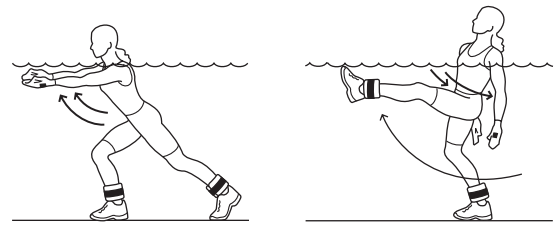


TUCK JUMP – Curl

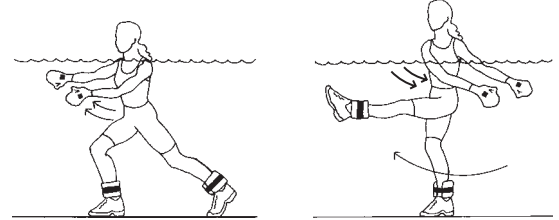


## CARDIO-TONE 3, continued

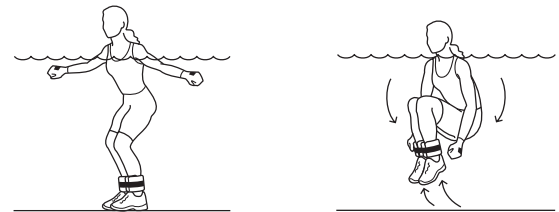
LEG LIFT – LEFT / Power Scoop & Press



LEG LIFT – LEFT / Power Sweep – DOUBLE Arm

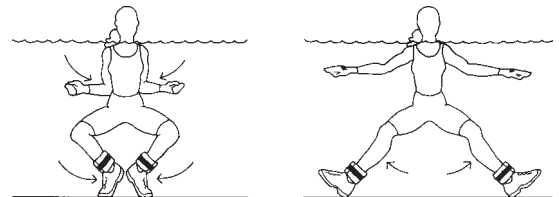


TUCK JUMP – Curl

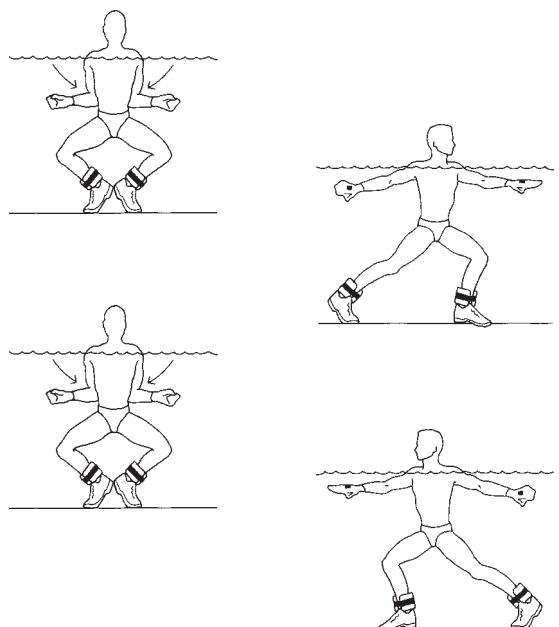


## CARDIO-TONE 4

COSSACK KICK

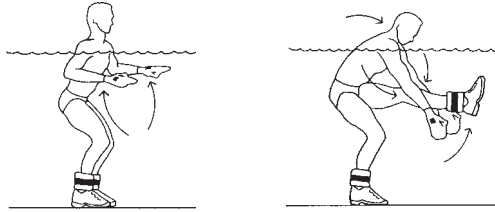
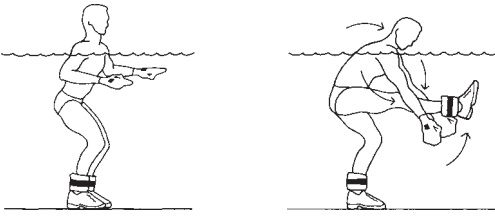


DIAGONAL LUNGE / Pull In

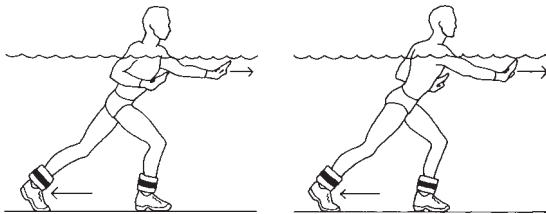


**CARDIO-TONE 4, continued**

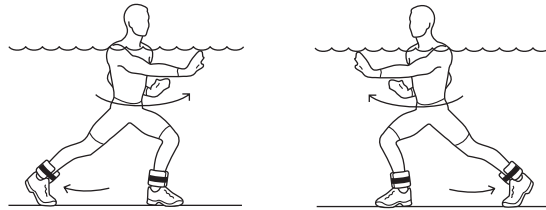
**FRONT KICK – Curl / Sweep**



**LUNGE / Push – ALTERNATE**

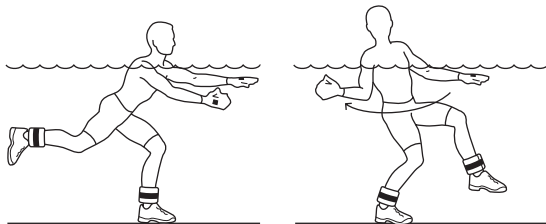


**DIAGONAL LUNGE / Push – ALTERNATE**

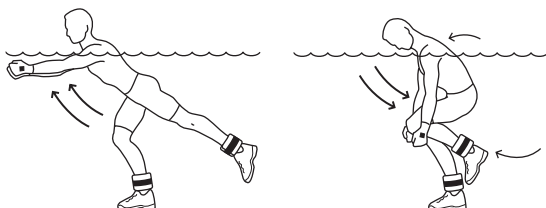


**CARDIO-TONE 5**

**ROCKING HORSE – LEFT Leg / Sweep Back – RIGHT**

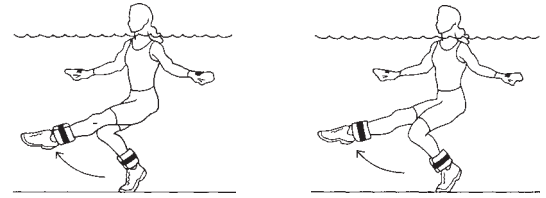


**KNEE LIFT – LEFT – Curl / Power Shoulder Press**

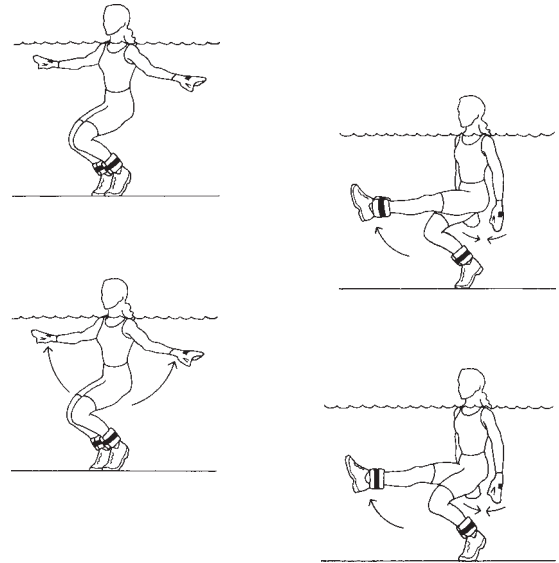


**CARDIO-TONE 5, continued**

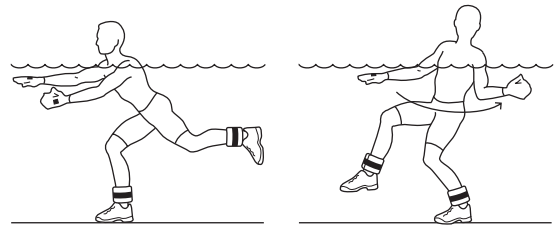
**SIT KICK / Scull**



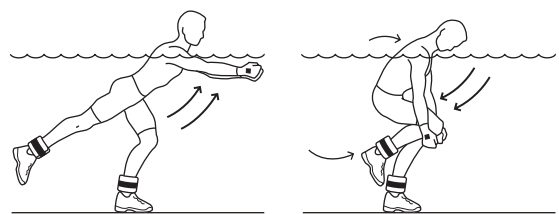
**SIT KICK / Press BEHIND**



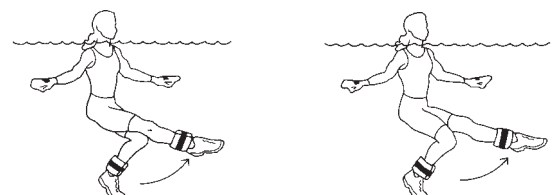
**ROCKING HORSE – RIGHT Leg / Sweep Back – LEFT**



**KNEE LIFT – RIGHT – Curl / Power Shoulder Press**

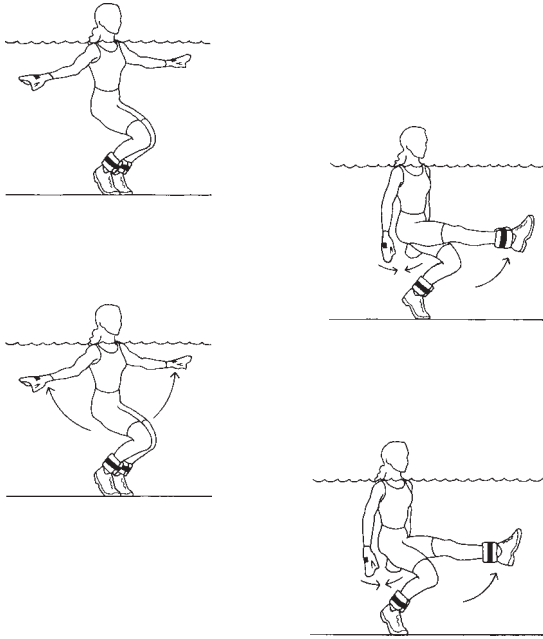


**SIT KICK / Scull**



**CARDIO-TONE 5, continued**

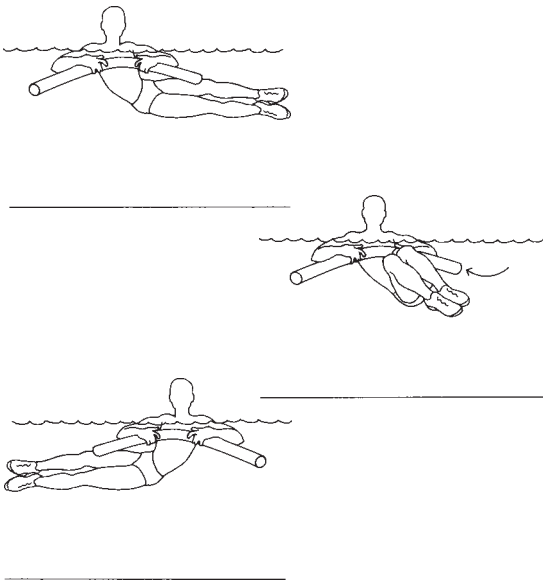
SIT KICK / Press BEHIND



**FLEXIBILITY COOL DOWN**

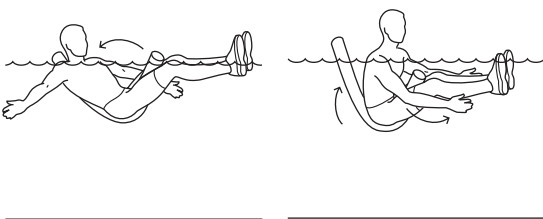
**NOODLE POSITION: Anterior Sling**

SHOOT THROUGH – Side to Side



**NOODLE POSITION: Straddle**

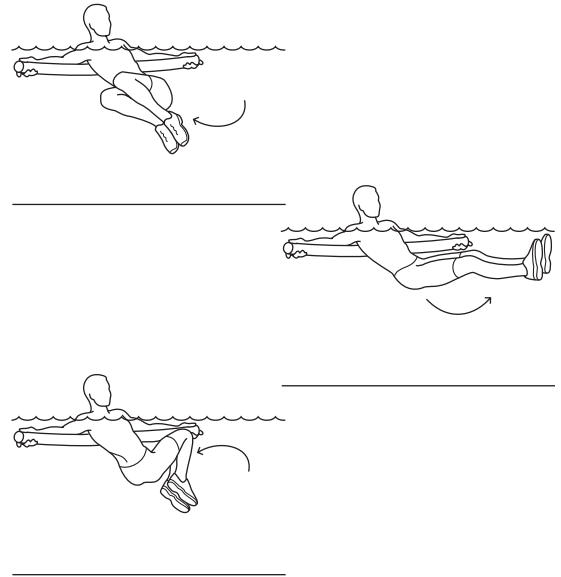
ABDOMINAL CURL – Recline / Sweep



**FLEXIBILITY COOL DOWN, continued**

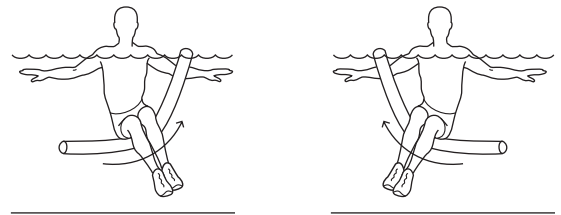
**NOODLE POSITION: Posterior Sling**

TUCK & TWIST



**NOODLE POSITION: Swing**

HIP CURL – Side to Side



SIT KICK / Sweep & Turn

