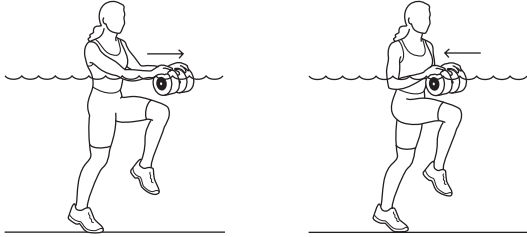


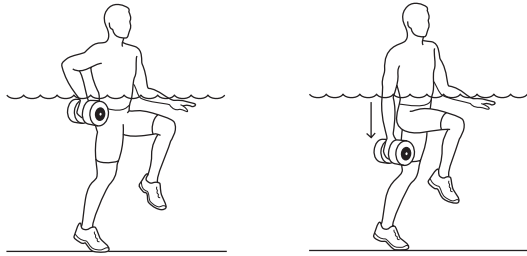
# HYDRO-FIT Single Hand Buoy Workout

## WARM UP

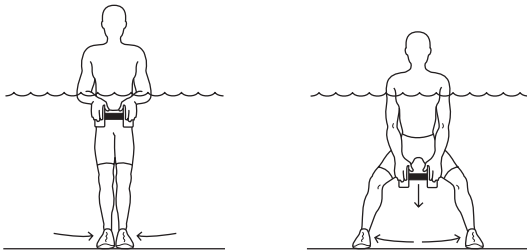
KNEE HIGH JOG / Push Pull at Surface



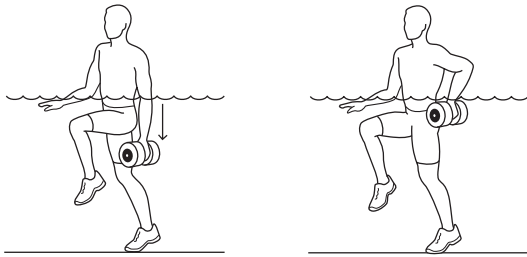
KNEE HIGH JOG / Plunge – RIGHT



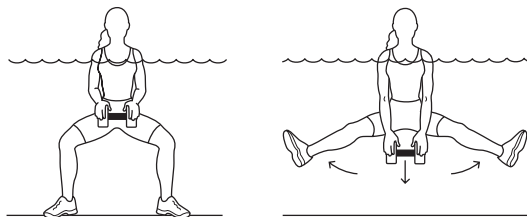
SQUAT JACKS / Tricep Press



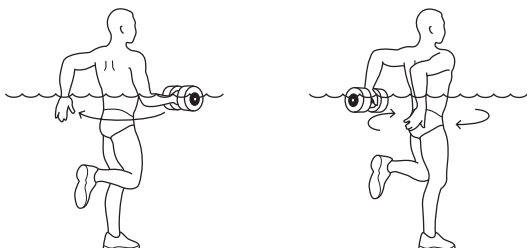
KNEE HIGH JOG / Plunge – LEFT



COSSACK JACKS / Tricep Press

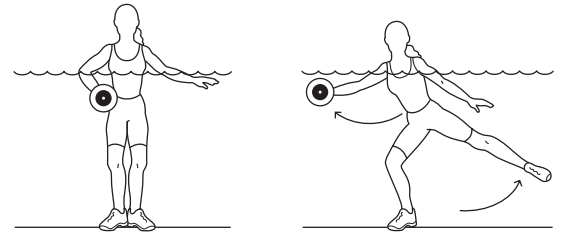


HEEL HIGH JOG / Pass Around at Surface

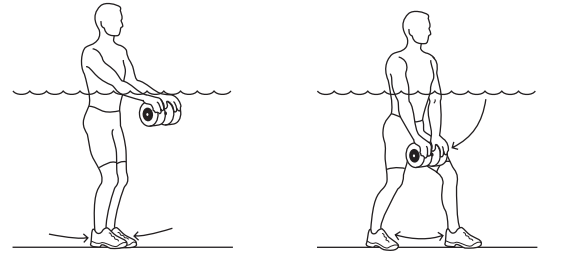


## WARM UP, continued

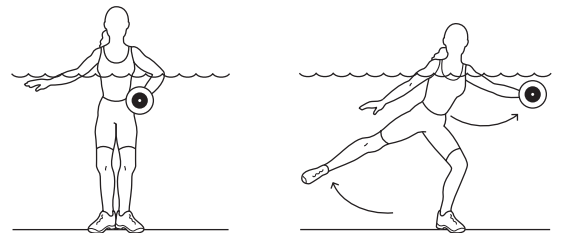
HALF PENDULUM / Plunge Push – RIGHT



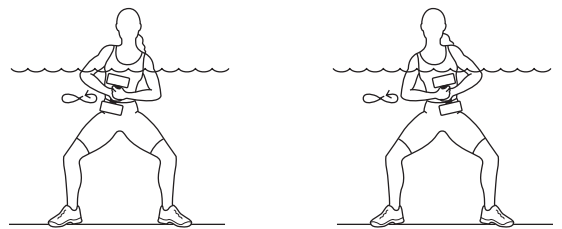
JACKS / Shoulder Press



HALF PENDULUM / Plunge Push – LEFT

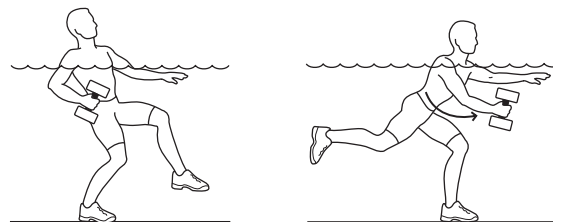


CHURN FIGURE 8 – Straddle Stance

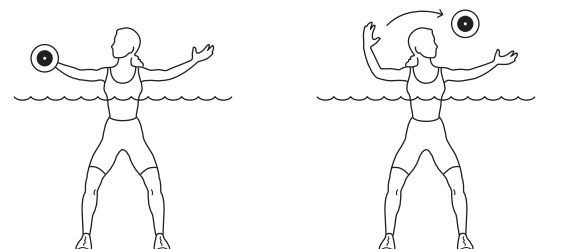


## CARDIO-TONE 1

ROCKING HORSE – LEFT Leg / Sweep – RIGHT

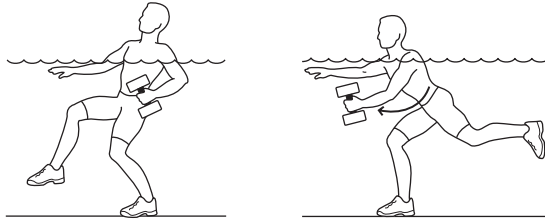


BUOY TOSS / Squat

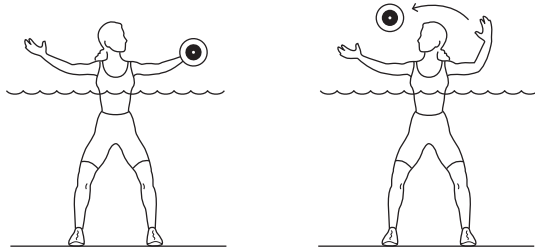


## CARDIO-TONE 1, continued

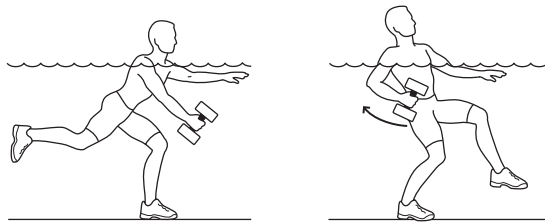
ROCKING HORSE – RIGHT Leg / Sweep – LEFT



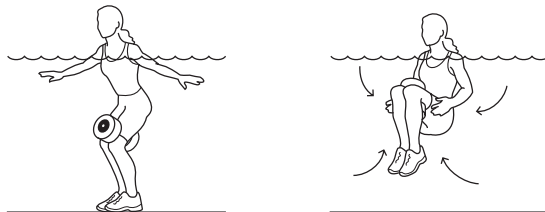
BUOY TOSS / Squat



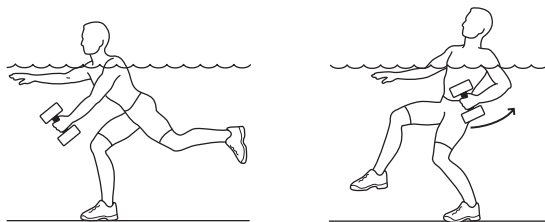
ROCKING HORSE – LEFT Leg / Lat Pull – RIGHT



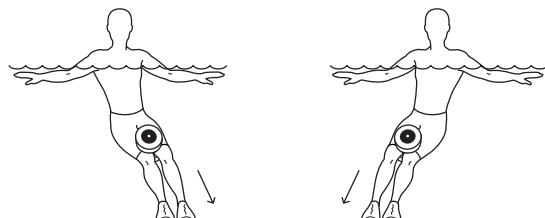
TUCK JUMP / Sweep



ROCKING HORSE – RIGHT Leg / Lat Pull – LEFT

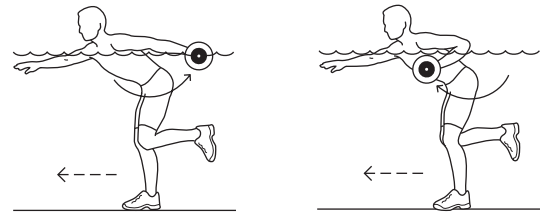


MOGUL SKI – Side to Side / Scull

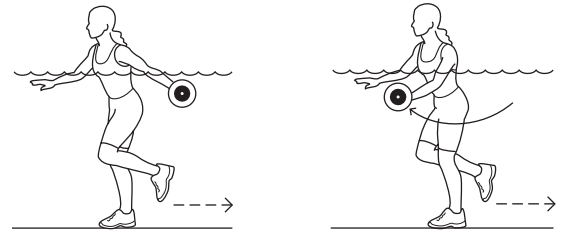


## CARDIO-TONE 2

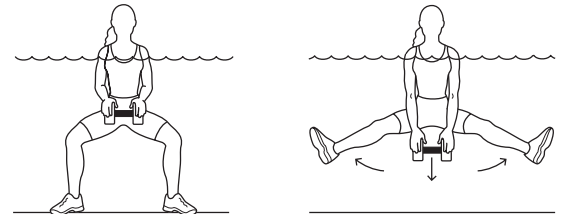
WALK THE DOG – Travel FORWARD / Bicep Curl – LEFT



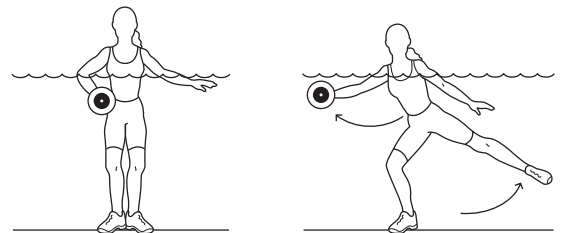
PULL THE DOG – Travel BACK / Scoop – LEFT



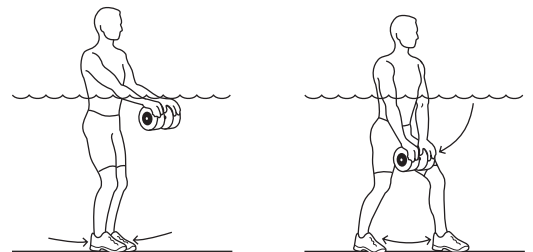
COSSACK JACKS / Tricep Press



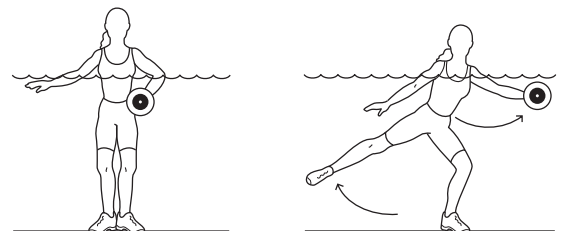
HALF PENDULUM / Plunge Push – RIGHT



JACKS / Shoulder Press

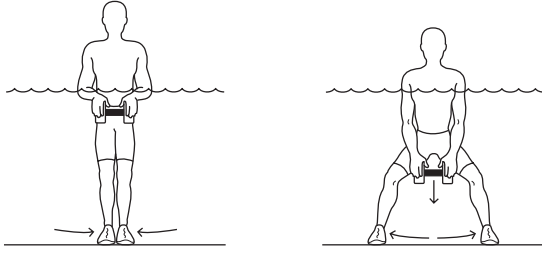


HALF PENDULUM / Plunge Push – LEFT

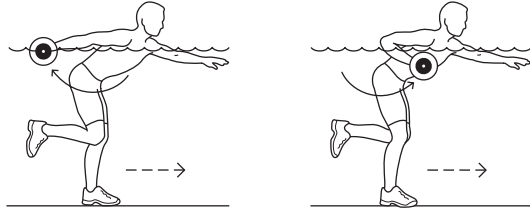


## CARDIO-TONE 2, continued

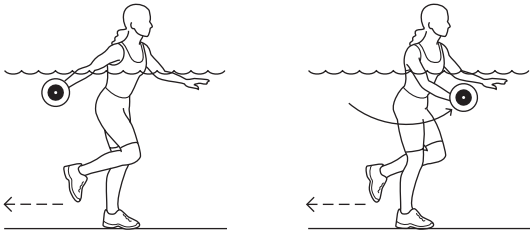
### SQUAT JACKS / Tricep Press



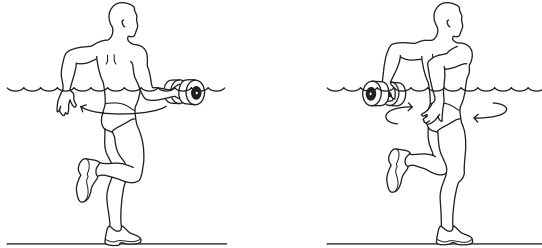
### WALK THE DOG – Travel FORWARD / Bicep Curl – RIGHT



### PULL THE DOG – Travel BACK / Scoop – RIGHT

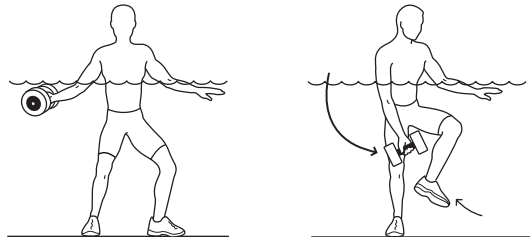


### HEEL HIGH JOG / Pass Around at Surface

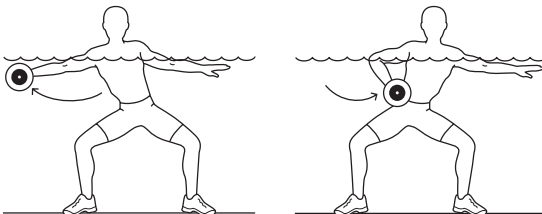


## CARDIO-TONE 3

### THIGH SWEEP / Hammer In – RIGHT

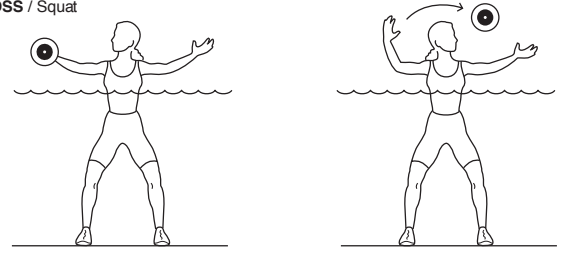


### TORSO TICK-TOCK / Bicep Curl & Reach – RIGHT

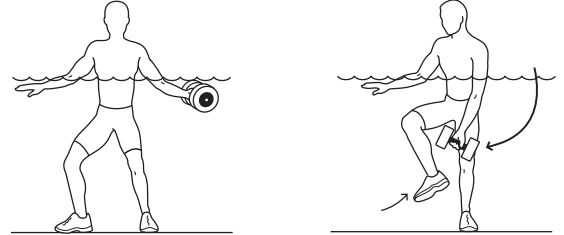


## CARDIO-TONE 3, continued

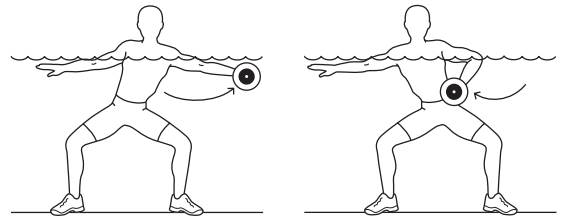
### BUOY TOSS / Squat



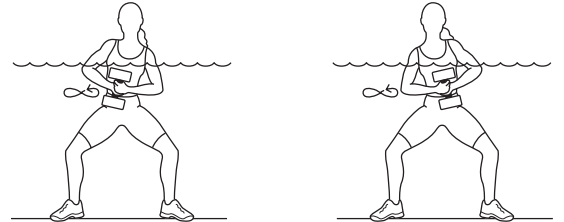
### THIGH SWEEP / Hammer In – LEFT



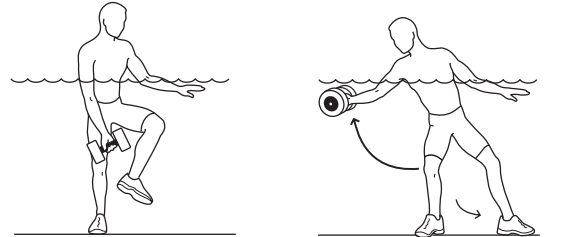
### TORSO TICK-TOCK / Bicep Curl & Reach – LEFT



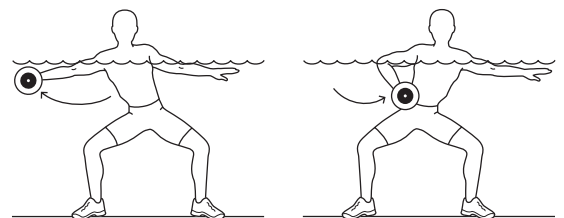
### CHURN FIGURE 8 – Straddle Stance



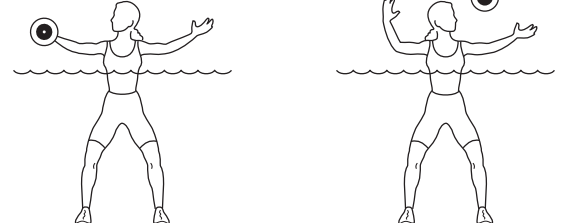
### THIGH SWEEP / Hammer Out – RIGHT



### TORSO TICK-TOCK / Bicep Curl & Reach – RIGHT

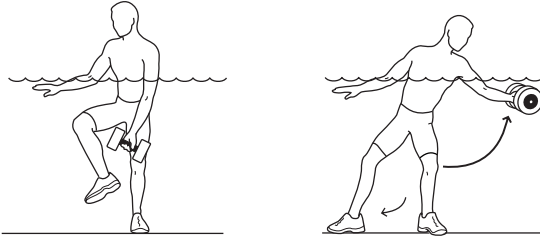


### BUOY TOSS / Squat

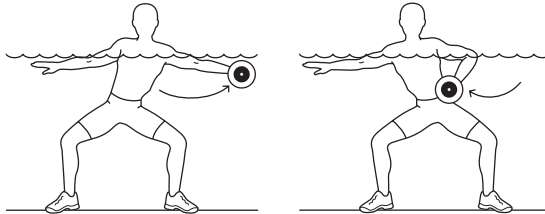


**CARDIO-TONE 3, continued**

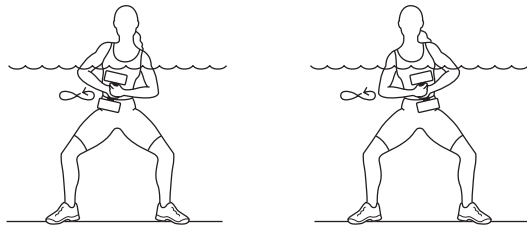
**THIGH SWEEP / Hammer Out – LEFT**



**TORSO TICK-TOCK / Bicep Curl & Reach – LEFT**

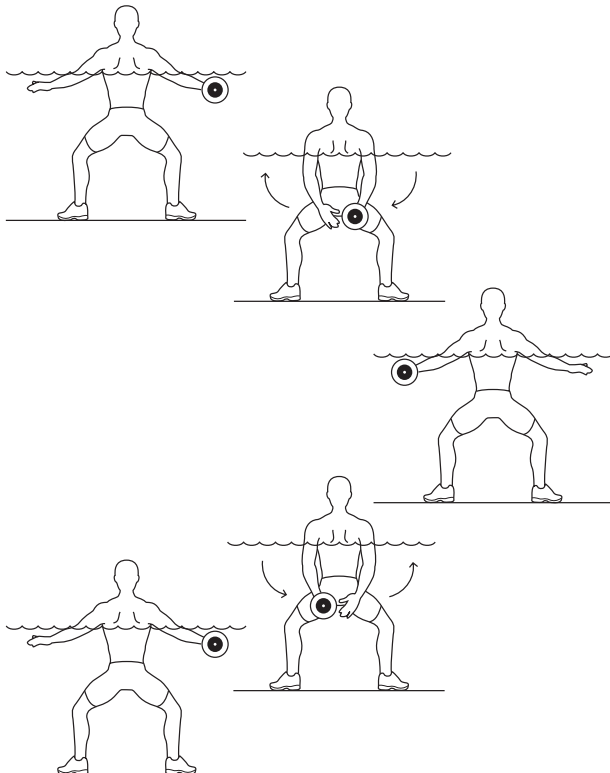


**CHURN FIGURE 8 – Straddle Stance**



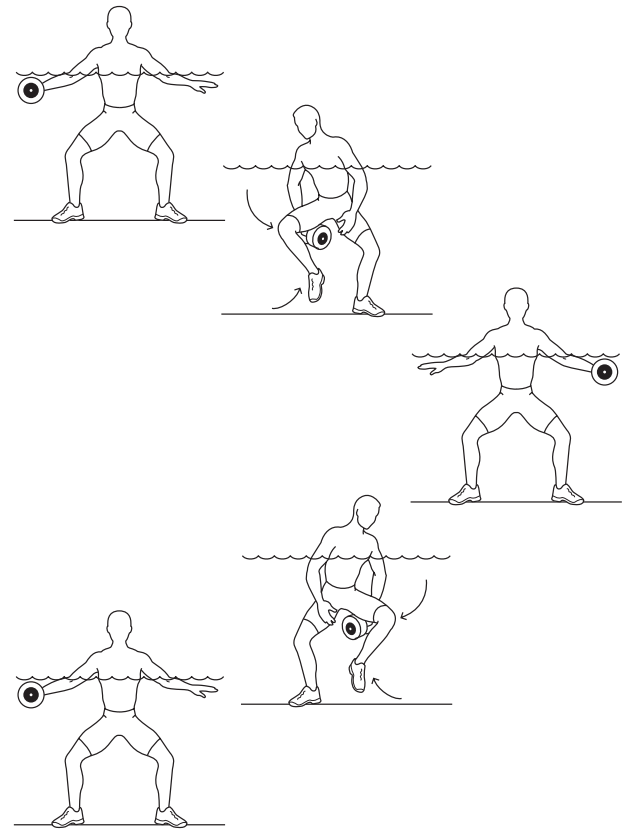
**FLEXIBILITY COOL DOWN**

**PASS BEHIND – Right to Left & Left to Right**



**FLEXIBILITY COOL DOWN, continued**

**PASS UNDER Back to Front – Straddle Stance**



**PASS UNDER Front to Back – Straddle Stance**

