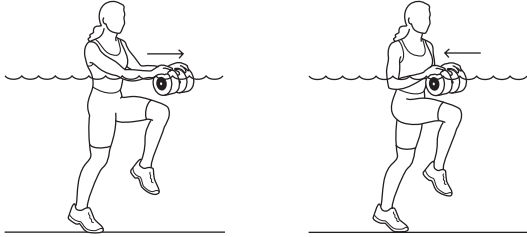


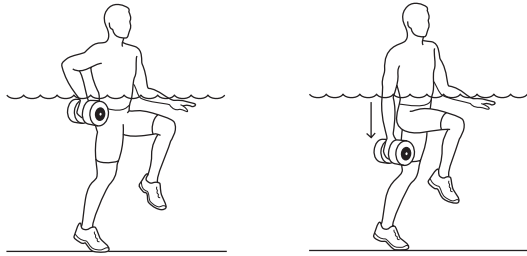
# HYDRO-FIT Single Hand Buoy Workout

## WARM UP

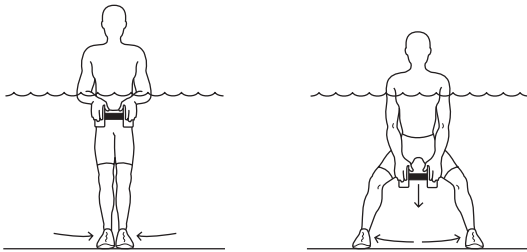
KNEE HIGH JOG / Push Pull at Surface



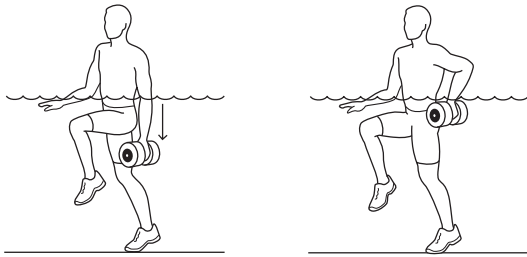
KNEE HIGH JOG / Plunge – RIGHT



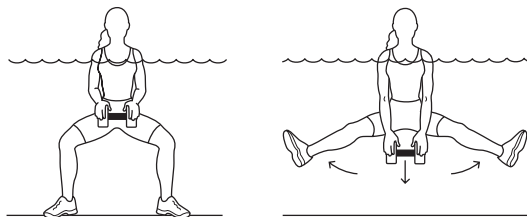
SQUAT JACKS / Tricep Press



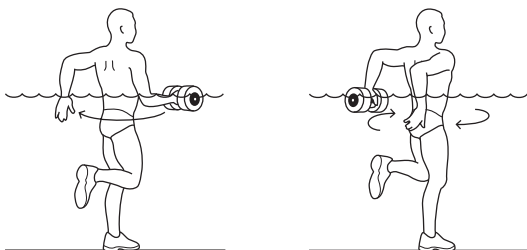
KNEE HIGH JOG / Plunge – LEFT



COSSACK JACKS / Tricep Press

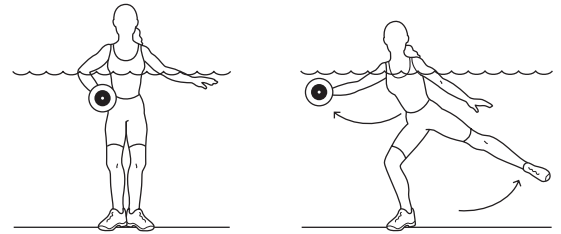


HEEL HIGH JOG / Pass Around at Surface

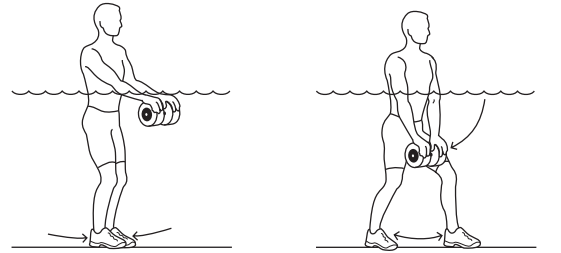


## WARM UP, continued

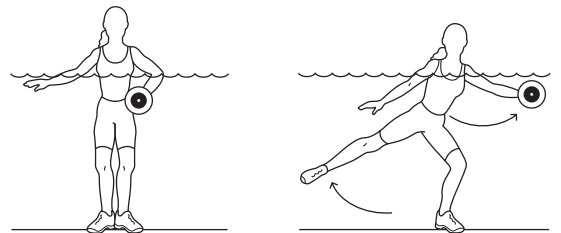
HALF PENDULUM / Plunge Push – RIGHT



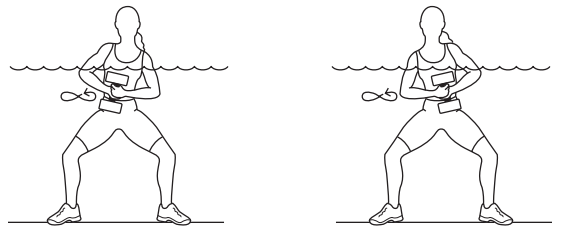
JACKS / Shoulder Press



HALF PENDULUM / Plunge Push – LEFT

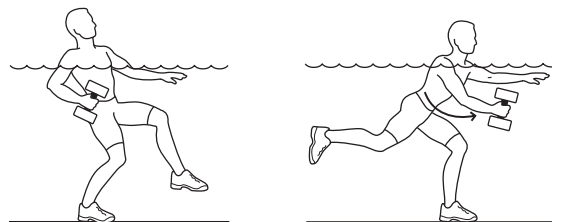


CHURN FIGURE 8 – Straddle Stance

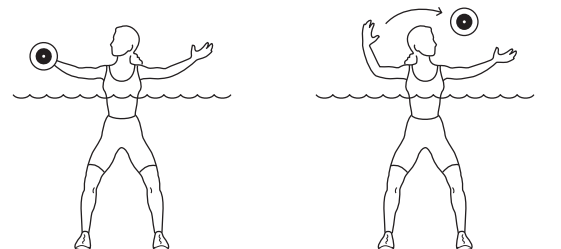


## CARDIO-TONE 1

ROCKING HORSE – LEFT Leg / Sweep – RIGHT

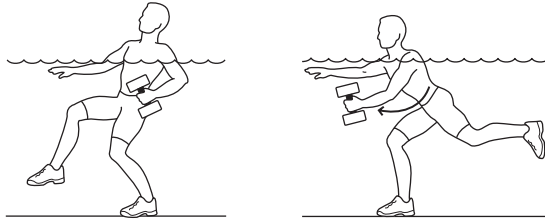


BUOY TOSS / Squat

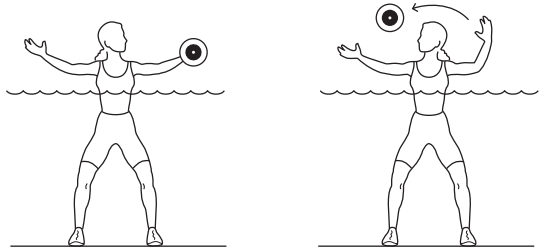


**CARDIO-TONE 1, continued**

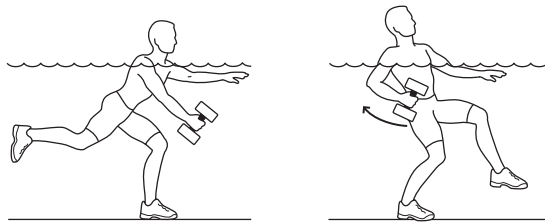
**ROCKING HORSE – RIGHT Leg / Sweep – LEFT**



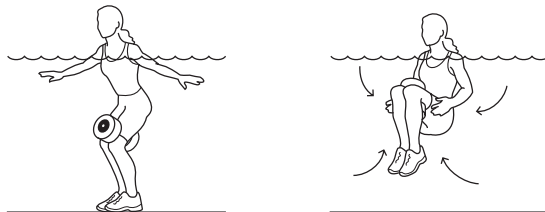
**BUOY TOSS / Squat**



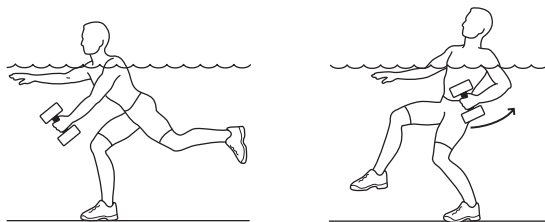
**ROCKING HORSE – LEFT Leg / Lat Pull – RIGHT**



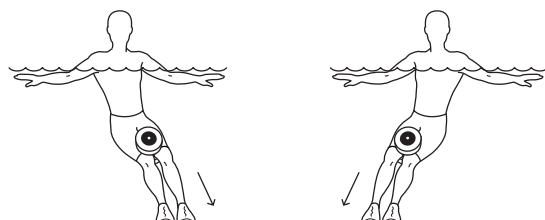
**TUCK JUMP / Sweep**



**ROCKING HORSE – RIGHT Leg / Lat Pull – LEFT**

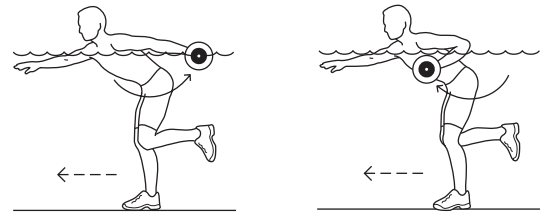


**MOGUL SKI – Side to Side / Scull**

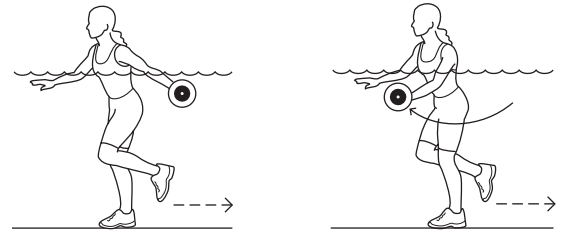


**CARDIO-TONE 2**

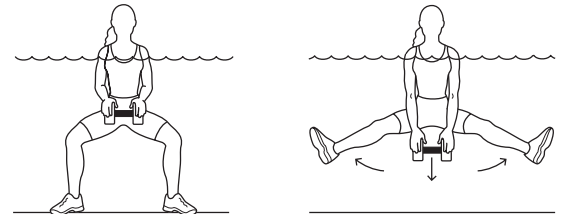
**WALK THE DOG – Travel FORWARD / Bicep Curl – LEFT**



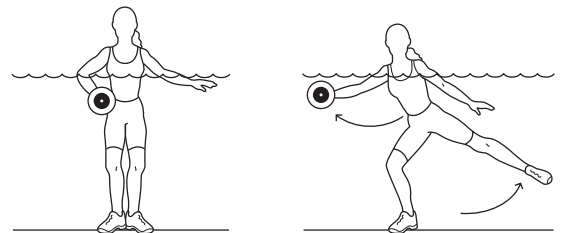
**PULL THE DOG – Travel BACK / Scoop – LEFT**



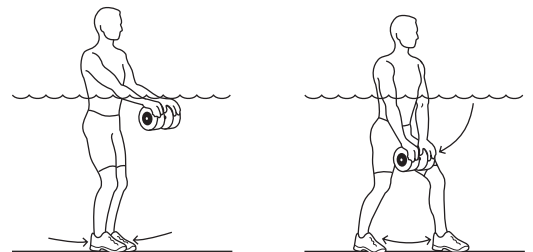
**COSSACK JACKS / Tricep Press**



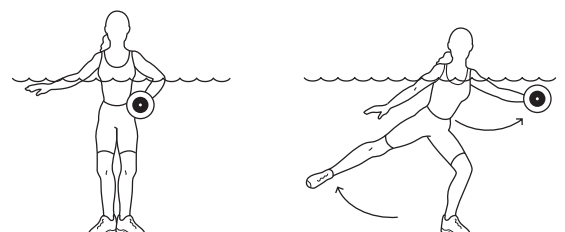
**HALF PENDULUM / Plunge Push – RIGHT**



**JACKS / Shoulder Press**

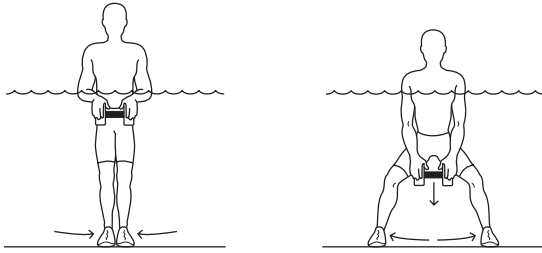


**HALF PENDULUM / Plunge Push – LEFT**

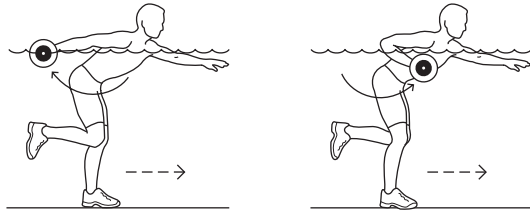


## CARDIO-TONE 2, continued

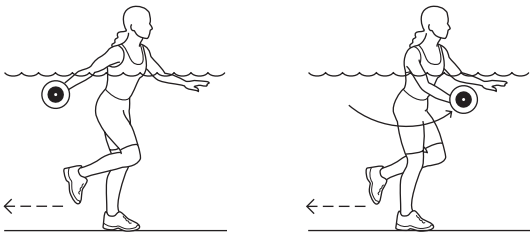
SQUAT JACKS / Tricep Press



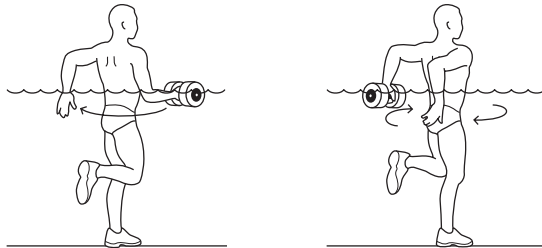
WALK THE DOG – Travel FORWARD / Bicep Curl – RIGHT



PULL THE DOG – Travel BACK / Scoop – RIGHT

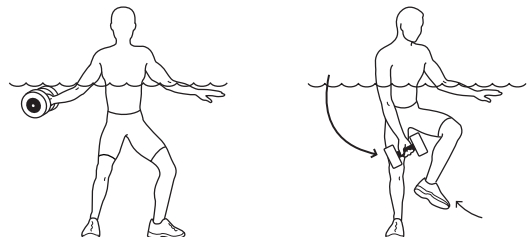


HEEL HIGH JOG / Pass Around at Surface

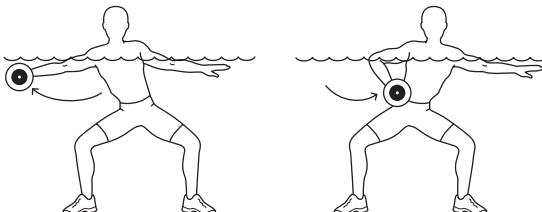


## CARDIO-TONE 3

THIGH SWEEP / Hammer In – RIGHT

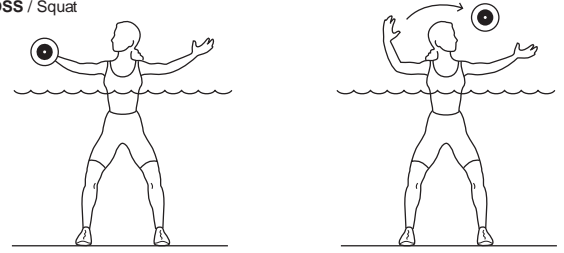


TORSO TICK-TOCK / Bicep Curl & Reach – RIGHT

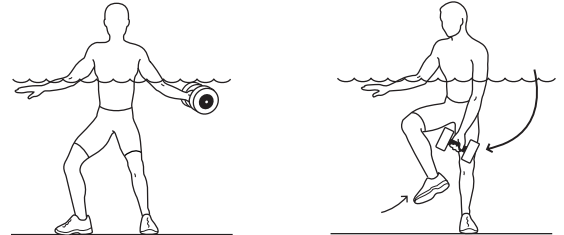


## CARDIO-TONE 3, continued

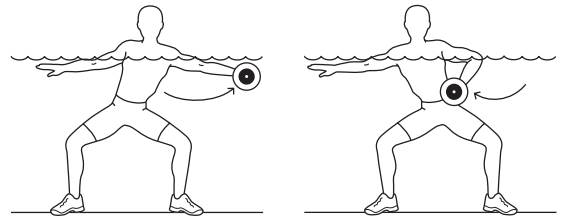
BUOY TOSS / Squat



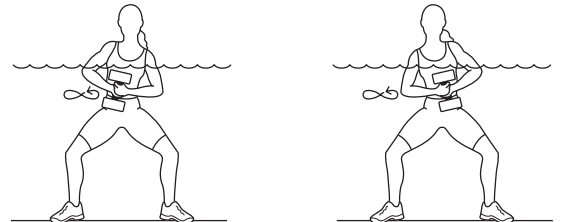
THIGH SWEEP / Hammer In – LEFT



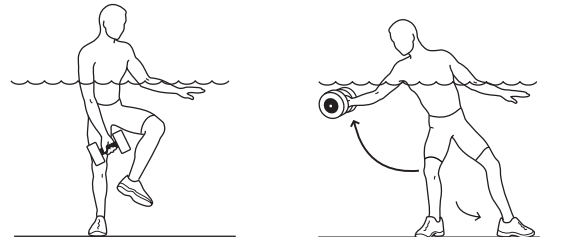
TORSO TICK-TOCK / Bicep Curl & Reach – LEFT



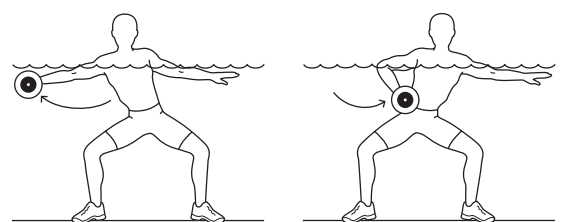
CHURN FIGURE 8 – Straddle Stance



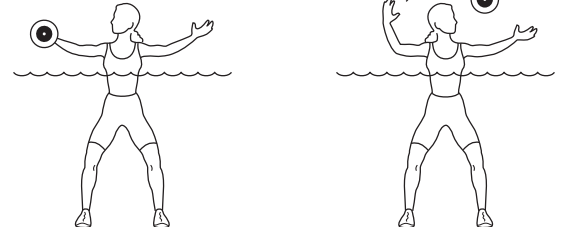
THIGH SWEEP / Hammer Out – RIGHT



TORSO TICK-TOCK / Bicep Curl & Reach – RIGHT

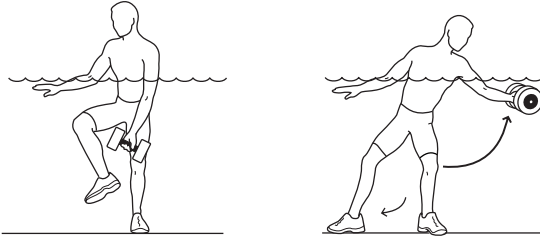


BUOY TOSS / Squat

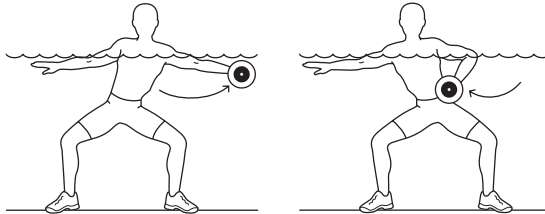


### CARDIO-TONE 3, continued

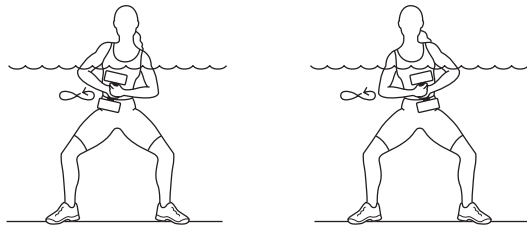
THIGH SWEEP / Hammer Out – LEFT



TORSO TICK-TOCK / Bicep Curl & Reach – LEFT

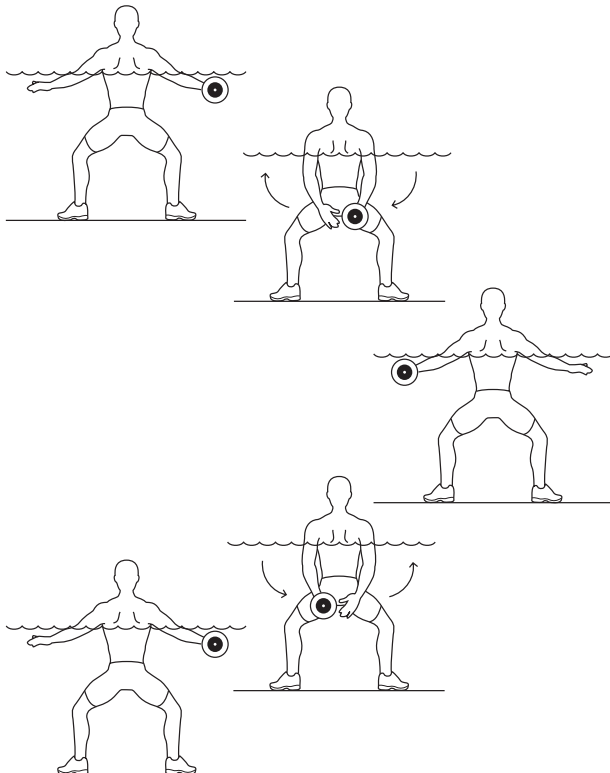


CHURN FIGURE 8 – Straddle Stance



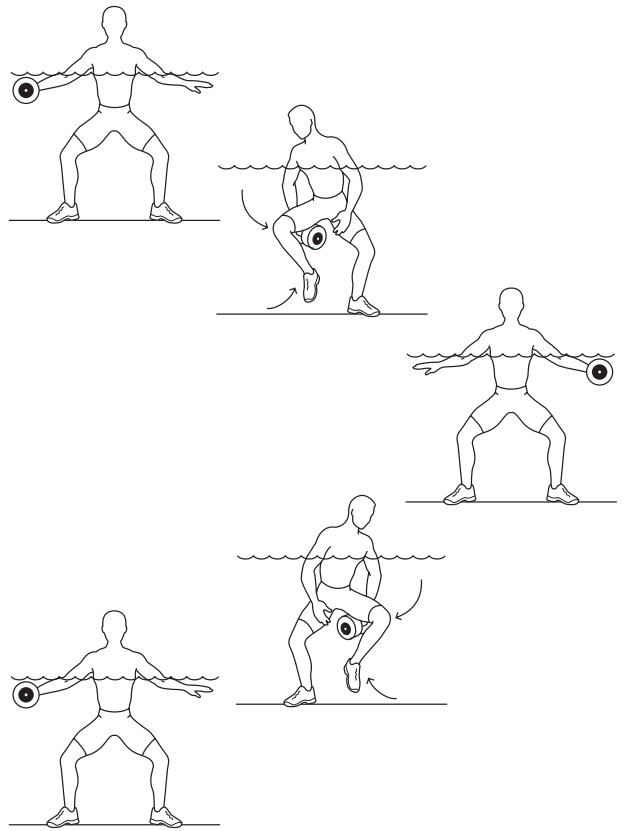
## FLEXIBILITY COOL DOWN

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

