

## **10-Station Water HIIT Circuit (Shallow Water)**

Each station:

- **50 seconds work**
- **10–15 seconds transition**

Repeat the whole circuit 2x for a 20-minute workout.

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### **STATION 1: Water Jog + High Knees**

- Jog in place, bring knees high, pump arms.
- Keep core engaged for balance.

*Focus: Cardio, hip mobility*

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### **STATION 2: Water Push-Pulls (Chest + Back)**

- Arms out in front, push water forward and pull it back with force.
- Palms open, full range of motion.

*Focus: Upper body strength, chest/back*

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### **STATION 3: Tuck Jumps (Low Impact Version)**

- Small jumps, tuck knees slightly toward chest.
- Use arms for momentum. Control the landing.

*Focus: Cardio, core, legs*

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### **STATION 4: Side Leg Raises (Alternating)**

- Stand on one leg, raise the other to the side.
- Optional: use wall or noodle for balance.

*Focus: Glutes, outer thighs, balance*

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### **STATION 5: Push-Off Squats**

- Squat low, then jump or push off floor (low impact), rise up.
- Keep chest up, arms forward for balance.

*Focus: Legs, glutes, cardio*

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### **STATION 6: Jumping Jacks (Water Version)**

- Arms sweep out/in, legs jump apart/together.
- Use resistance of water to work harder.

*Focus: Full-body cardio*

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### **STATION 7: Boxer Punches in Water**

- Light squat stance, punch forward, alternating arms fast.
- Core tight, rotate slightly from the waist.

*Focus: Arms, shoulders, core, cardio*

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### **STATION 8: Core Twists (with or without noodle)**

- Hold noodle in front (or hands together), twist side to side.
- Control your torso, don't let hips move too much.

*Focus: Obliques, core control*

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### **STATION 9: Flutter Kicks (Hold Wall or Noodle)**

- Lean back slightly, legs kick quickly beneath surface.
- Can be done vertically or while floating with support.

*Focus: Lower abs, legs*

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## **STATION 10: Water Bicep Curls (with dumbbells or fists)**

- Palms up, curl arms toward shoulders, resist on the way down.
- Optional: use water weights or just create resistance with fists.

*Focus: Arms (biceps), upper body control*

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## **Cool Finisher (Optional – 2 mins)**

Do this at the end for a fun group challenge:

- **30 sec high knees**
- **30 sec jumping jacks**
- **30 sec push-off squats**
- **30 sec jog in place with fast punches**

## **WHY OFFER A 30-MIN LUNCHTIME WATER HIIT CLASS?**

### **1. High-Impact in Less Time**

“Get a full-body workout in just 30 minutes.”

HIIT is designed for efficiency.

You burn calories, build strength, and boost mood in half the time.

Perfect for working professionals, busy parents, or anyone tight on time.

### **2. Perfect Midday Energy Boost**

“Skip the afternoon slump — recharge in the pool.”

Water workouts leave you feeling energized, not wiped out.

It’s refreshing — especially in warmer months.

Participants return to work feeling productive and recharged.

### **3. Low Impact, High Results**

“Gentle on your joints, tough on your goals.”

Water provides resistance and support, so it’s easier on knees, hips, and back.

Appeals to a wide range of ages and fitness levels.

### **4. Unique & Fun — Not Just More of the Same**

“Not your average water aerobics class.”

This isn’t slow and repetitive — it’s fast-paced, upbeat, and circuit-style.

A fresh format adds variety to your existing schedule.

You might even attract a younger or more fitness-focused audience.