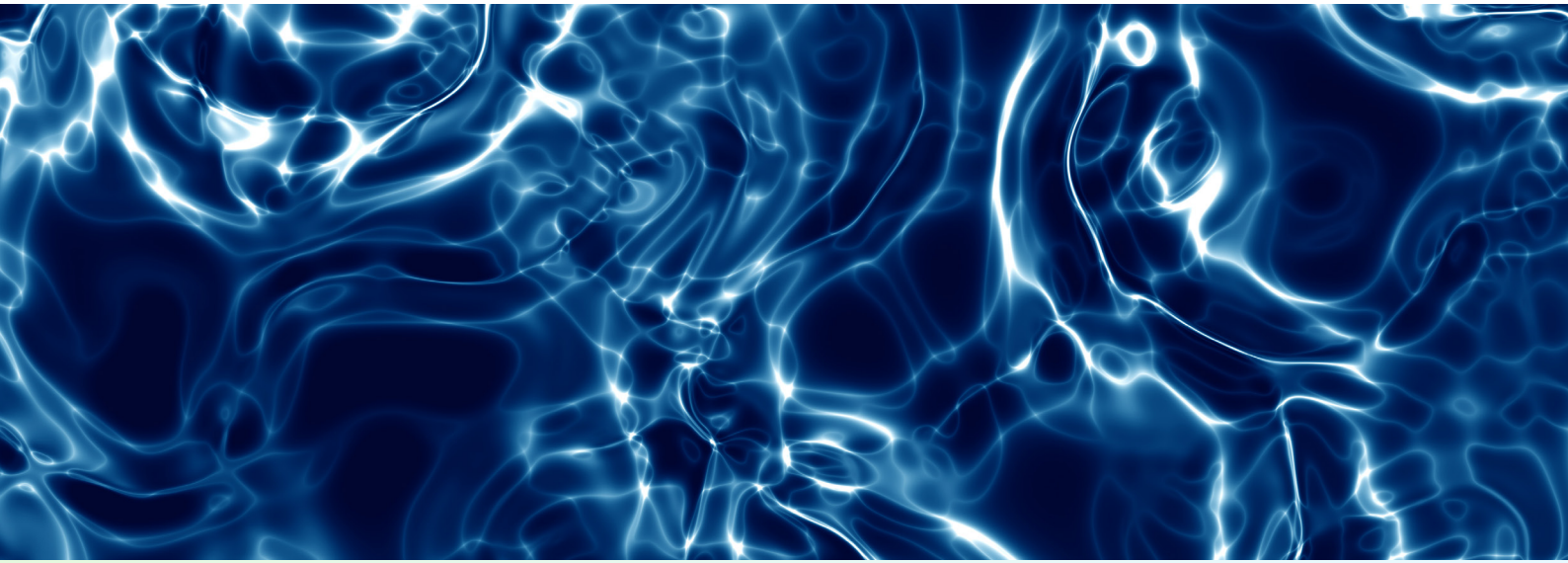


HYDRO
REVOLUTION

TOTAL BODY WORKOUT



POWERED BY AQUALOGIX AND AQUASTRENGTH



GETTING STARTED

HYDROEVOLUTION TRAINING OVERVIEW

Welcome to your new Hydrorevolution training program. Our range of workout programs can be completed with either Aquastrength or Aqualogix drag resistance equipment.

This program has been designed to cater for all ages and fitness levels. For each exercise there are progressions / regressions available depending on your ability. Simply refer to the top of each section to identify how much time you should be spending on each exercise, and at what intensity. As your fitness level improves you can continue to challenge yourself and avoid hitting a plateau simply by increasing time or intensity. **Remember, the harder you push, the harder the water pushes back!**

This workout is broken down into five sections. For each movement you will find cueing instructions and imagery to show you how each exercise should be performed. We recommend reading through the workout before you head to the pool, and printing a copy to take to the pool with you to refer to as necessary. Don't worry - you will have it memorized in no time!

Before you begin your workout, please make sure you are familiar with your equipment and know how to put on your Fins and hold your Bells or Barbell to ensure optimum performance. **If you are unsure, you can visit www.hydrorevolution.com and download a copy of their quick start guide for step by step instructions.**

CARING FOR YOUR EQUIPMENT

A FEW TIPS TO ENSURE YOUR AQUASTRENGTH AND AQUALOGIX EQUIPMENT LASTS IT'S LIFETIME

Aquastrength and Aqualogix exercise equipment has been designed and manufactured to give you maximum drag resistance performance and the ultimate comfort. To extend the life of your equipment please be sure to follow the below care instructions:

1. Do not drop or drag equipment across hard surfaces i.e. concrete or tiles.

2. Wash equipment in fresh water at room temperature after each use as harsh pool chemical can result in unnecessary damage over time. Please do not leave fins soaking for longer than 15 minutes and ensure you air dry them after each use.

3. Do not machine wash or tumble dry.

4. Do not store in direct sunlight as UV rays can deteriorate the equipment over time.

5. Ensure you allow equipment to dry properly before storing in an appropriate manner.

6. Please remember that Aquastrength and Aqualogix equipment is not to be used as a flotation device.

* Depending on your pool and the types of chemicals used, you may wish to rinse your fins in product that helps remove the chlorine to help extend their life.

1. DYNAMIC WARM UP

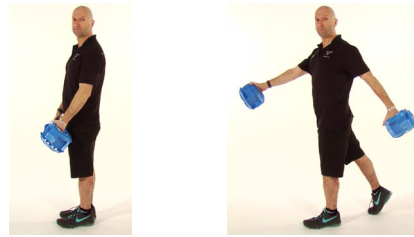


Perform each warm up exercise for **2-3 minutes** or **1-2 laps**.

1. WALKING FORWARD



2. WALKING BACKWARD



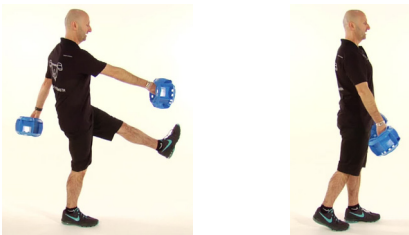
3. WALKING SIDWAYS



4. CLAP BEHIND WALK



5. STRAIGHT LEG RAISE WALK



6. TRAILING FORWARD



1. WALKING FORWARD

- Hold Bells Loose
- Opposite Arm and Leg Motion
- Good Stride Length
- Step Back, Don't Lean Back
- Engage Buttocks

3. WALKING SIDWAYS

- Side Step Shoulder Width Apart
- Keep Equal Pressure on Heels
- Move Arms/Legs Same Time

2. WALKING BACKWARD

- Opposite Arm and Leg Motion
- Extend Leg Behind You
- Keep Good Posture

4. CLAP BEHIND WALK

- Keep Upper Leg in Line with Body
- Bring Heel Back as You Reach Back
- Keep Core/Buttocks Engaged

5. STRAIGHT LEG RAISE WALK

- Bring Leg Straight Up in Front
- Keep Toes Up
- Knee Straight
- Opposite Arm & Leg Motion
- Don't Rock Body

6. TRAILING FORWARD

- Extend Both Arms, Elbows Straight
- Palms Facing Forward
- Squeeze Shoulder Blades Together
- Walk Forward

2. UPPER BODY EXERCISES



Start by performing each exercise in this section for **30-45 seconds**.
Perform **2-3 sets** of each exercise before moving onto the next section.
Aim to increase to **60-90 seconds** per exercise as your fitness improves.

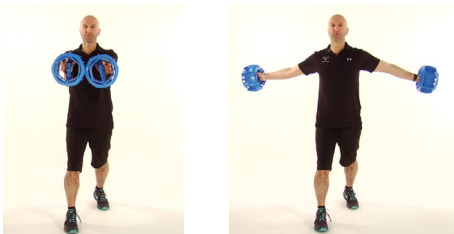
1. SPLIT STANCE PUSH PULL



2. SPLIT STANCE PUSH DOWN



3. SPLIT STANCE FLIES



4. PUSH / PULLS WITH SQUATS



1. SPLIT STANCE PUSH PULL

- Push & Pull Full Motions
- Emphasize Equal Strength
- Perform With Each Leg Forward
- Keep Core/Buttocks Engaged

2. SPLIT STANCE PUSH DOWN

- Keep Elbows Straight
- Shoulder Blades Squeezed
- Push Bells Straight Past Hips
- Return to Start Position

3. SPLIT STANCE FLIES

- Hold Bells Loose
- Emphasize Equal Strength
- Keep Upright Posture, Core Engaged
- Don't Rotate Body

4. PUSH / PULLS WITH SQUATS

- Keep Pressure On Heels
- Coordinate Arms/Legs Together
- Squat & Push
- Stand & Pull

3. LOWER BODY EXERCISES



Start by performing each exercise in this section for **30-45 seconds**.
Perform **2-3 sets** of each exercise before moving onto the next section.
Aim to increase to **60-90 seconds** per exercise as your fitness improves.

1. DIAMOND KICK



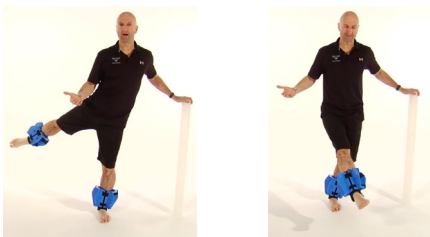
2. RONDE DE JAMBE



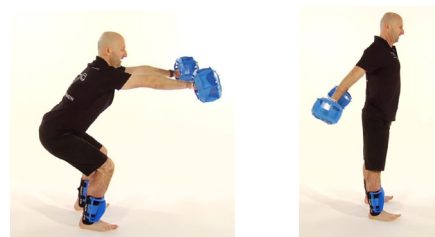
3. POWER SWINGS



4. SOCCER KICKS



5. SQUATS WITH BELLS



1. DIAMOND KICK

- Focus on Balance & Coordination
- Keep Knee Straight / Toes Up
- Perform with Each Leg Forward
- Up/Open/Kick/Return/Down

2. RONDE DE JAMBE

- Focus On Coordination/Flexibility/ Stability
- Hold Side of Pool if Necessary
- Start in Front
- Rotate Behind & Return
- Rotate Behind & Return

3. POWER SWINGS

- Keep Arm & Leg Straight
- Swing Opposite Arm & Leg
- Keep Good Posture

4. SOCCER KICKS

- Keep Core Tight / Upper Body Still Kicking
- Leg Straight
- Kick Diagonally

5. SQUATS WITH BELLS

- Feet Shoulder Width Apart / Arms by Sides
- Squat and Lift / Stand & Pull at Same Time

4. CORE EXERCISES



Start by performing each exercise in this section for **30-45 seconds**.
Perform **2-3 sets** of each exercise before moving onto the next section.
Aim to increase to **60-90 seconds** per exercise as your fitness improves.

1. CORE ROTATIONS ONE BELL



2. BELL CHOPS



3. BELL PASS



1. CORE ROTATIONS ONE BELL

- Maintain Good Posture
- Chin/Chest/Bell Must All Stay in Alignment
- Some Motion Drive by Hips
- Don't Twist

2. BELL CHOPS

- Open Stance / Arm Out at Side
- Rotate Down Toward Opposite Leg
- Elbow Straight / Follow with Head
- Use Buttocks as you Return to Stand

3. BELL PASS

- Focus on Coordination / Stabilization
- Start with Arms Outstretched
- Pass Bell at Mid Point
- Don't Rotate Body

5. CARDIOVASCULAR EXERCISES



Start by performing each exercise in this section for **2-3 Minutes**.
Aim to increase to **5-10 Minutes** per exercise as your fitness improves.

1. RUNNING FORWARD



2. SIDEWAYS RUNNING



3. SKATER



1. RUNNING FORWARD

- Keep Elbows Tight by Sides
- Slight Forward Posture
- Extend Leg as you Run
- Use Fins for Increased Resistance

2. SIDEWAYS RUNNING

- Lead with Leg / Follow with Body
- Can Open / Reciprocate Arms

3. SKATER

- Jump and Land on One Leg
- Opposite Arm and Leg
- Keep Body Facing Forward
- Land with Knees Slightly Bent



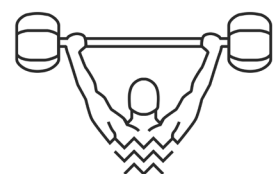
DISCLAIMER

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AQUASTRENGTH