



UNITED AQUATIC SPORTS

Simple workouts for all ages and abilities

#1 - April 2020

Push up wall, 4 x 6 times

Place your hands against the wall at shoulder height. Bring your body to the wall, focusing on keeping your elbows narrow. Then push yourself out by stretching your arms and keeping your body in a straight line. Is this exercise too easy? Move your feet further from the wall to make it harder! R30 "

https://vimeo.com/372843357/4fdf23788c?mc_cid=93dda44e41&mc_eid=686b43ab5b

Scare crow extension, 3 x 10 times

Use two weights or possibly two bottles of water or two packs of sugar. Hold the weights at an angle of 90 degrees in your elbows, at shoulder height in front of you. Then raise your hands, without losing the angle from your elbows. You do this by rotating from your shoulder. Is it too easy? Then use heavier weights or focus on moving your forearms up slower. Weight: 2x 0.5 kg, R30 "

https://vimeo.com/372844725/a21a2b0c77?mc_cid=93dda44e41&mc_eid=686b43ab5b

Squat, 3 x 8 times

Stand up straight with your feet shoulder width apart. Keep your back straight and lower down to a 90-degree angle in your knees. Keep your knees straight forward, keeping your toes visible. Tempo: Drop down in two seconds, come back up in two seconds. R30 "

https://vimeo.com/372844961/bab5838ed2?mc_cid=93dda44e41&mc_eid=686b43ab5b

Superman, 2x 6 left, 2x 6 right

Stand on all fours and extend your right arm and left leg. Hold this for several seconds and then alternate. Focus on keeping your body straight, where it is important to keep your back fully straight when stretching without making a twisting motion.

If this goes well, you can also perform this exercise from a plank with your knees off the ground. However, you should be sure to master this before proceeding to the next step. R30 "

https://vimeo.com/372845075/592c39ce6c?mc_cid=93dda44e41&mc_eid=686b43ab5b

Triceps extension, 3 x 10 times

Grab a weight with both hands above the head (This can also be a large bottle of water). Then lower this weight back, keeping the elbows narrow. Then stretch your arms back up. Tempo: Raise your arms in one beat and back in one beat. Weight: 0.5 kg, R30 "

https://vimeo.com/372845226/2235056a62?mc_cid=93dda44e41&mc_eid=686b43ab5b

Bridge, 3 x 10 times

Lie on the floor with your back. Place the feet flat on the floor. Lift your hips as high as you can and squeeze your buttocks. Hold this pose and then come back to the ground. Is this exercise too easy? Drop your knees alternately to train the muscles of the inside of your legs as well. Tempo: Come on in two counts, drop back in two. R30 "

https://vimeo.com/372842552/38877c241b?mc_cid=93dda44e41&mc_eid=686b43ab5b

Bridge single leg, 2x 8 left, 2x 8 right

Lie on the floor with your back, hands at your sides and your legs bent. Extend one leg and push your hips up to form a bridge. Then come back to the ground and repeat the exercise. Is this exercise too difficult? Then keep both feet on the floor and raise your hips from there.

Come on in two counts, drop back in two. R30 "

https://vimeo.com/372842506/fe4f447c9d?mc_cid=93dda44e41&mc_eid=686b43ab5b

MC Gill Curl up, 2 x 8 left, 2 x 8 right

Lie on your back with the right leg straight and the left leg bent. Place both hands with palms down under the lower back. Tighten the abs slightly and raise the head and shoulders off the ground. Hold this and then return to neutral position. Tempo: Come on in two counts, drop back in two. R30 "

https://vimeo.com/372843115/83038ff1ac?mc_cid=93dda44e41&mc_eid=686b43ab5b

Wall sit, 3 x 30s

Support with a straight back against the wall, the angle in your knees is 90 degrees. Extend your arms fully. Is this easy? Then bring your arms above your head. It is important that your back stays straight against the wall! R30 "

https://vimeo.com/372843156/55ad5e30b2?mc_cid=93dda44e41&mc_eid=686b43ab5b