

WET & WILD level II**Playlist: Wet, Wild & Fit***WARM UP PHASE (seated facing the side)*

Shoulder circles
 Elbow circles
 Arm circles
 Hinged slow paddle 30secs
 :|| 3X

Plank > slow motion mt. Climber 15secs, fast 30secs
 Cat/cow
 Plank slow motion jacks 15secs, fast 30secs
 Tabletop> thread the needle

EFFORT PHASE (facing side)

Squat 10x
 Calf raises 10x
 Jump back aqua burpee 30secs
 Switch facing to other side
 Sumo squats 10x
 Calf raises 10x
 Jump back aqua burpee 30secs

Stand face front
 Plank>dog 10x
 Plank drop knees 10x
 Hold plank 15secs
 Standing march 15secs>high knees
 :|| Combo one handed plank > dog shin taps 10x
 One handed plank drop knees 10x
 2 Legged plank hold 15secs
 March, high knees, or rock star jumps 30secs

Modified side plank leg lifts 10x
 Knee>elbow in side plank 10x
 Side plank reach through 10x
 Side plank hip dips 10x
 Surfer pop ups right side 30secs
 :||Other side

Facing the side in the water
 Pull ups 10x
 Egg beaters 15secs
 Pull up with leg 10x
 Egg beaters 15secs
 :|| Other side
 Egg beaters 30secs

Side facing on belly locus>low boat 15secs
 Scissor legs 10x
 :|| 3X

COOL DOWN PHASE (seated facing forward)

Seated forward fold x ankles>reverse tabletop
 :||Other side
 Tabletop >dog
 Modified crescent lunge>half split
 Seated cobbler
 Knees to chest
 Savasana