



H3 Nautical Noodle

Warm up

Jogging

- Jog in place with noodle in front
- Push and pull noodle away from body
- Press noodle down in front

Shallow end

Rocking Horse

- Right knee up, lunge forward, kick back with left leg extended
- Push noodle forward in the water
- Transfer weight to the left leg in back, pull noodle through water

Cross Country Ski

- Hold noodles like rainbow in front
- Push one end of the noodle forward as you jump forward on the opposite leg

Jumping Jacks

- Start with noodle behind back, arms out to each side holding an end of noodle
- Pull ends of noodle together in front of body as legs come in
- Hop out into jumping jack opening arms out to sides

One-Legged Stair Stepper

- Stand with one foot on the floor and one foot on the noodle
- Bend one knee and raise the thigh up until it is parallel with the top of the water
- Press noodle back down to floor

Leg Raise

- Right foot on the noodle
- Turn sideways (left side to side of pool) like at ballet bar
- Extend right leg out to the side (ankle on noodle) and back in
- Alternate sides

Deep end

Bicycle Legs

- Straddle noodle like bicycle
- Pedal legs forward through water

Variations:

- Pedal laps in the deep end using breaststroke arms
- Pedal laps backwards pulling arms backwards through water

Bicycle Interval

- Pedal 30 seconds slow pace



- Pedal 30 seconds medium pace
- Pedal 30 seconds fast pace

Swim Kick

- Lie on your stomach, extend your arms in front to hold noodle
- Kick your legs under the water's surface
- Alternate between slow and fast kicks

Jumping Jack Legs

- Start with noodle behind back, legs together toward bottom of pool
- Push and pull legs in and out through water
- Cross Country Ski Legs
- Start with noodle behind back, legs together toward bottom of pool
- Scissor legs back and forth through water

Reverse Crunch

- Start with noodle behind back
- Bring knees up to chest
- Push legs down to bottom of pool

Reverse Oblique

- Start with noodle behind back
- Bring knees up to chest and roll onto side
- Kick legs straight out in opposite direction
- Alternate sides

Variations:

- Use 2 noodles, one noodle behind you, one under ankles (like chaise lounge chair)
- Move right shoulder toward right foot, then left shoulder to left foot (for obliques)
- Bring upper and lower body together, buttocks to bottom of pool (for abdominals)

Cool down

- Easy jog in place
- Slowly bicycle to shallow end