

Fitmotivation®

15-Minute Water Exercise Ab Workout with Mark Greveling

Music: 124 bpm

Abs Circuit 1

Knee lifts R x 4, Quick Tucks x 8, Knee lifts L x 4, Quick Tucks x 8
(64 cts)

Knee lifts R x 2, Quick Tucks x 4, Knee lifts L x 2, Quick Tucks x 4
(32 cts)

Knee lifts R x 1, Quick Tucks x 2, Knee lifts L x 1, Quick Tucks x 2
4x = (64 cts)

2 minutes

Shoot fronts x 4 (32 cts)

Shoot front & 2 crunches & shoot down 2x (32 cts)

3x 64 cts = 1:30 minutes

Side shoots x 4 (32 cts)

half gainer R & L 3x Cue R: Tuck- shoot side- flip on back – flex legs (8) extend
legs – flip back to side – tuck – extend down (8)

Repeat L 3 x 32cts = 45 Seconds

Side shoots R & L x & Half gainer R (32 cts)

Side shoots L & R & Half gainer L (32 cts)

4 x 32 counts = 1 minute

2 minutes

Twist x 8 (32 cts)

Twist in 3 vertical (8) twist in 3 moving up (8), alternate heel taps (8), twist in 3
moving down (8)

Repeat combo 4 x 32 cts = 1minute

Ab Circuit 1 Total Time: 7:00

Abs Circuit 2

Tuck jacks x 8 (32 cts)

Reverse jacks x 8 (32 cts)

Ankle reaches R x 4 & L X 4 (32 cts)

Frog tucks x 8 (32 cts)

1 minute

Tuck jacks x 4 (16) Reverse jacks 2 up & 2 down (16)

Ankle reaches R x 2 & L x 2 (16) Frog tucks 2 up & 2 down

2 x 64 cts = 1 minute

Tuck jacks x 2 (8) Reverse jacks x 2 up & down (8)

Ankle reaches R x 1 & L x 1 (8) Frog tucks x 2up & down (8)

2 x 32 cts = :30 seconds

Abs Circuit 2 Total Time: 3 minutes

ALL Together

Round 1

Knee up R x 2 (8) Quick tuck x 4 (8) Knee up L x 2 (8) Quick tuck x 4 (8) 15

Shoot front x 4 (32) Shoot front & 2 crunches and shoot down x 2 (32) 30

Side shoot R & L x 4 (32)

Half gainer R & L x 2 (32)

Twist 3 (8) Twist 3 up (8) Alt. heel taps (8) Twist 3 down (15)

Tuck jacks x 4 (16) Reverse jacks 2 up & 2 down (16)

Ankle reaches R x 2 & L x 2 (16) Frog tucks 2 up & 2 down (30)

Total time: 2:30

Round 2

Knee up R x 1 (4) Quick tuck x 2 (4) Knee up L x 1 (4) Quick tuck x 2 (4) Repeat
15

Shoot front x 2 (16) Shoot front & 2 crunches and shoot down (15) 15

Side shoot R & L and Half Gainer R (32) 15

Side shoot R & L and Half Gainer R (32) 15

Twist 3 (8) Twist 3 up (8) Alt. heel taps (8) Twist 3 down (15)

Tuck jacks x 2 (8) Reverse jacks 2 up (8)

Ankle reaches R x 1 & L x 1 (8) Frog tucks 2 down (8) 15

Total time: 2 minutes

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