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15-Minute Water Exercise Stretch with Mark Greveling

Music – 110 BPM (A link to download/purchase the music is included in the blog)

Enclosing arms – chest & back

Hold arms front- lats & mid back

Enclosing arms – chest & back

Hold arms behind – chest, anterior deltoid, biceps

Swing right (R) Knee forward (F) and back (B)

Hold R knee in front (glute stretch)

Swing right (R) Knee F & B

Hold R leg behind in dancer stretch (quad stretch)

Swing left (L) Knee F & B

Hold L knee in front (glute stretch)

Swing L Knee F & B

Hold L leg behind in dancer stretch (quad stretch)

R arm horizontal sweeps

Hold R arm across (posterior deltoid & tricep stretch)

L Arm horizontal sweeps

Hold L arm across (posterior deltoid & tricep stretch)

R Knee external & internal sweeps

Hold R knee externally out (inner thigh stretch)

R Knee external & internal sweeps

Hold R knee internally across midline – cradle (outer thigh stretch)

L Knee external & internal sweeps

Hold L knee externally out (inner thigh stretch)

L Knee external & internal sweeps

Hold L knee internally across midline – cradle (outer thigh stretch)

R straight leg swings F & B

Hold R straight leg behind – Warrior III (hip flexor stretch)

R straight leg swings F & B

Hold leg R leg in front (hamstring stretch)

R straight leg swings F & B

Hold R straight leg behind – Warrior III (hip flexor stretch)

R straight leg swings F & B

Hold leg R leg in front (hamstring stretch)

Spinal rotation

Hold rotation R

Spinal rotation

Hold rotation L

Side shifting

Hold R ear towards R shoulder with left arm extended

Side shifting

Hold L ear towards L shoulder with right arm extended

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