

# Fitmotivation®

## Pool Noodle Upper Body Workout with Mark Grevelding

Music BPM used in video - 124

### Segment 1 Noodle upper warm-up

(Each exercise performed for 30 seconds)

Pressing with jacks

Squeezing with skis

Pull downs with rear kicks

Elbow flexion & extension with jogs

Dips with leg curls

Jump rope wrist rotation

Jogs with finger open & close

### Segment 2: Upper Body Circuit 1 (17 minutes)

Timing

45 seconds per exercise – 15 seconds rest between blocks

Total – 15 minutes

#### Block 1

Jack presses

Power jack – hand rest

Plank presses

Power jack – hand rest

#### Block 2

Ski squeeze

Power ski – hand rest

Plank squeezes

Power ski – hand rest

#### Block 3

Rear kicks with pull downs  
Power skates - hand rest  
Plank pull downs  
Power skates - hand rest

#### **Block 4**

Tucks & tricep  
Power tucks – hand rest  
Triceps plank  
Power tucks – hand rest

#### **Block 5**

Back-loaded jogs with dips  
Power jogs – hand rest  
Rear plank dips  
Power jogs – hand rest

#### **Segment 3: Upper Body Circuit 2**

30 seconds per exercise – 10 minutes (No rest between block)

#### **Segment 4: Upper Body Circuit 3**

15 seconds per exercise – 5 minutes (No rest between blocks)

#### **Segment 5: Upper Body Stretch with noodle**

Push out and in  
Extended arm stretch  
Thread the needle R  
Thread the needle L  
Scapular protraction  
Hold noodle R and L arm overhead stretch  
Move noodle  
R side scapular retraction  
Hold noodle L and R arm overhead stretch  
Move noodle  
L side scapular retraction  
Noodle cross midline with left arm

Noodle cross midline with right arm

Wrist rolls

Fingers

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