

Fitmotivation®

Sha-Deep Interval Training with Mark Grevelding

Music BPM – No BPM, Tabata formatted playlist. Link included in blog

Warm-up (30 seconds each)

Jog

Jog with breast stroke

Back kicks (skates with diagonal reaches)

Leg curls with open & close arms

Ski arms front to back

Jack arms side to side

Kicks with arm curls

All exercises below follow are pre-formatted Tabata Playlist – 20 seconds work/10 seconds rest.

Accuracy

1 Jack & side kick R

2 Jack & side kick L

3 Ski press R arm (front & side)

4 Ski press L arm (front & side)

5 Rear kick R & front shoot

6 Rear kick L & front shoot

7 Soccer kick R

8 Soccer kick L

Strength

1 Ski with 4-part arms

2 Jack press & jack breast stroke

3 Jump/shoot F & B & front kick R w/ side arm raises

4 Swing kick (skateboard) R with arm curls

5 Ski with 4-part arms

- 6 Jack press & jack breast stroke
- 7 Jump/shoot F & B & front kick L with side arm raises
- 8 Swing kick (skateboard) L with arm curls

Coordination

- 1 R leg: Knee lift-front kick & tuck
- 2 L leg: Knee lift-front kick & tuck
- 3 R leg: Ankle reach F & B & frog tuck
- 4 L leg: Ankle reach F & B & frog tuck
- 5 Split jump R lead leg – plyo jack - tuck
- 6 Split jump L lead leg – plyo jack - tuck
- 7 Cross kick R & L and corner kick R & L
- 8 Cross kick L & R and corner kick L & R

Agility

- 1 Sprint 4 & ladder run 4 R
- 2 Sprint 4 & ladder run 4 L
- 3 Tuck x 2 & mogul R
- 4 Tuck x 2 & mogul L
- 5 Ski x 2 – Sk ¼ turn R x 2
- 6 Ski x 2 – Ski ¼ turn L X 2
- 7 Jump F & B & ½ twist R
- 8 Jump F & B & ½ twist L

Power/Plyometric

Shallow water: Rebounding/plyo or power

Deep water: quicker bursts of movement

- 1 Moguls
- 2 Jumps
- 3 Hurdles
- 4 Kicks
- 5 Moguls
- 6 Jumps
- 7 Hurdles
- 8 Kicks

Endurance/Stamina

Shallow water: suspended

Deep water: feet higher/ full ROM

- 1 Moguls
- 2 Jumps
- 3 Hurdles
- 4 Kicks
- 5 Moguls
- 6 Jumps
- 7 Hurdles
- 8 Kicks

Speed

- 1 High knee runs press F & corners
- 2 High heel runs with drumming
- 3 Seated Russian kicks w/ windshield wipers
- 4 Tuck cannon balls
5. High knee runs press F & corners
6. High heel runs with drumming
7. Seated Russian kicks w/ windshield wipers
8. Tuck cannon balls

Flexibility

- Leg lift R with toe reach opposite arm
- Rear leg lift R with both arms reach F
- Leg curl R with arms in & out
- Bent knee rotation R with same arm opposing swing
- Leg lift L with toe reach opposite arm
- Rear leg lift L with both arms reach F
- Leg curl L with arms in & out
- Bent knee rotation L with same arm opposing swing

Cool Down

- Jog with enclosing arms
- Jog with R arm extended – turning L > Jog sweep R arm
- Jog with L arm extended – turning R > Jog L arm sweep
- R leg extended – turning L > R leg sweep across & back
- L leg extended – turning R > L leg sweep across & back

R knee up & extend leg back > Cycle with hug
L knee up & extend leg back > Cycle with outstretched arms
Jog with enclosing arms

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