## WATER POLO 7-DAY PLAN

### DAY 1

**LEGS Level 1**
- Side hops 30 Sec
- Squats 12 Reps
- Squats 12 Reps
- Side lying leg lift (left, right) 12 Reps
- Side lying leg lift (left, right) 12 Reps
- Backwards lunge 14 Reps
- Backwards lunge 14 Reps
- Donkey kick (left, right) 16 Reps
- Donkey kick (left, right) 16 Reps
- Wall calf raises 12 Reps
- Wall calf raises 12 Reps
- Sumo squat wall calf raises 12 Reps
- Sumo squat wall calf raises 12 Reps
- Calf stretch (left, right) 30 Sec
- Quad stretch (left, right) 30 Sec
- Knee to chest stretch (left, right) 30 Sec

**ABS Level 1**
- Jumping jacks 30 sec
- Ab crunches 16 Reps
- Russian twists 20 Reps
- Mountain climbers 16 Reps
- Heel touch 20 Reps
- Leg raises 16 Reps
- Plank 20 Sec
- Ab crunches 12 Reps
- Russian twist 32 Reps
- Mountain climbers 12 Reps
- Heel touch 20 Reps
- Leg raises 16 Reps
- Plank 20 Sec
- Ab crunches 12 Reps
- Russian twist 32 Reps
- Mountain climbers 12 Reps
- Heel touch 20 Reps
- Leg raises 16 Reps
- Plank 20 Sec
- Cobra stretch 30 Sec
- Side lumbar stretch (left, right) 30 Sec

### DAY 2

**CHEST Level 1**
- Jumping jacks 30 Sec
- Arm circles 30 Sec
- Shoulder stretch 30 Sec
- Incline push ups 6 Reps
- Push ups 4 Reps
- Wide arm push ups 4 Reps
- Tricep dips 6 Reps
- Wide arm push ups 4 Reps
- Incline push ups 4 Reps
- Tricep dips 4 reps
- Box push ups 4 Reps
- Shoulder stretch 30 Sec
- Cobra stretch 30 Sec
- Chest stretch 30 Sec

**ABS Level 1**
- Jumping jacks 30 Sec
- Ab crunches 16 Reps
- Russian twists 20 Reps
- Mountain climbers 16 Reps
- Heel touch 20 Reps
- Leg raises 16 Reps
- Plank 20 Sec
- Ab crunches 12 Reps
- Russian twist 32 Reps
- Mountain climbers 12 Reps
- Heel touch 20 Reps
- Leg raises 16 Reps
- Plank 20 Sec
- Cobra stretch 30 Sec
- Side lumbar stretch (left, right) 30 Sec

### DAY 3

**CARDIO**
- Run!!
## WATER POLO 7-DAY PLAN

### DAY 4

<table>
<thead>
<tr>
<th>ARMS Level 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jumping jacks</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Arm circles clockwise</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Arm circles counter-clockwise</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Arm raises</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Side arm raises</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Tricep dips</td>
<td>10 Reps</td>
</tr>
<tr>
<td>Diamond push ups</td>
<td>6 Reps</td>
</tr>
<tr>
<td>Jumping jacks</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Chest press pulse</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Dumbbell curl (left, right)</td>
<td>8 Reps</td>
</tr>
<tr>
<td>Diagonal plank</td>
<td>10 Reps</td>
</tr>
<tr>
<td>Punches</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Push ups</td>
<td>10 Reps</td>
</tr>
<tr>
<td>Inchworms</td>
<td>8 Reps</td>
</tr>
<tr>
<td>Wall push ups</td>
<td>12 Reps</td>
</tr>
<tr>
<td>Tricep stretch (left, right)</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Standing bicep stretch (left, right)</td>
<td>30 Sec</td>
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</tbody>
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### DAY 5

<table>
<thead>
<tr>
<th>SHOULDERS &amp; BACK Level 1</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Jumping jacks</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Arm raises</td>
<td>20 Sec</td>
</tr>
<tr>
<td>Rhomboid pulls</td>
<td>14 Reps</td>
</tr>
<tr>
<td>Side arm raises</td>
<td>20 Sec</td>
</tr>
<tr>
<td>Box push ups</td>
<td>14 Reps</td>
</tr>
<tr>
<td>Cat cow pose</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Prone tricep push up</td>
<td>14 Reps</td>
</tr>
<tr>
<td>Reclined rhomboid squeeze</td>
<td>12 Reps</td>
</tr>
<tr>
<td>Prone tricep push up</td>
<td>14 Reps</td>
</tr>
<tr>
<td>Reclined rhomboid squeeze</td>
<td>12 Reps</td>
</tr>
<tr>
<td>Child’s pose</td>
<td>4 Reps</td>
</tr>
<tr>
<td>Side lying floor stretch (left, right)</td>
<td>4 Reps</td>
</tr>
</tbody>
</table>

### DAY 6

<table>
<thead>
<tr>
<th>CARDIO</th>
<th></th>
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<tbody>
<tr>
<td>Run</td>
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### DAY 7

<table>
<thead>
<tr>
<th>REST</th>
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## AQUATICS

Located on the Ina Levine Jewish Community Campus

Martin Pear JCC is funded in part by the Jewish Federation of Greater Phoenix
WATER POLO 7-DAY PLAN

WORKOUT GLOSSARY

Click an exercise below to see how it should be performed

- Ab crunches
- Alternating hooks
- Arm circles
- Arm circles clockwise
- Arm circles counter clockwise
- Arm curl crunch left/right
- Arm raises
- Arm scissors
- Backwards lunge
- Bicycle crunches
- Bottom leg lift left/right
- Box push ups
- Burpees
- Butt bridges
- Calf raise with splayed foot
- Calf stretch left/right
- Cat cow pose
- Chest press pulse
- Chest stretch
- Child pose
- Cobra stretch
- Crossover crunches
- Curtsy lunges
- Decline push ups
- Diagonal plank
- Diamond push ups
- Donkey kick left/right
- Doorway curl left/right
- Dumbbell curl left/right
- Fire hydrant left/right
- Floor tricep dips
- Floor Y raises
- Glute kick back left/right
- Heel touches
- Hindu push ups
- Hip hinge
- Hover push ups
- Hyperextension
- Inchworms
- Incline push ups
- Jumping jacks
- Jumping squats
- Knee push ups
- Knee to chest stretch left/right
- Leaning stretcher raises
- Leg raises
- Leg resisting single leg
calf raise left/right
- Lunge
- Military push ups
- Modified push up low hold
- Mountain climbers
- Pike push ups
- Plank
- Prone tricep push up
- Punches
- Push ups
- Push ups with rotation
- Quad stretch left/right
- Reclined rhomboid squeeze
- Reverse flutter kicks
- Reverse push ups
- Reverse snow angels
- Rhomboid pulls
- Russian twists
- Shoulder gators
- Shoulder stretch
- Side arm raises
- Side bridge left/right
- Side hops
- Side leg circle left/right
- Side lumbar stretch left/right
- Side lying floor stretch /right
- Side lying leg lift left/right
- Side plank left/right
- Single leg calf hop left/right
- Sit ups
- Skipping without rope
- Spiderman push ups
- Squats
- Staggered push ups
- Sumo squat wall calf raises
- Sumo squats
- Supine push ups
- Swimmer and superman
- Tricep dips
- Tricep kickbacks
- V ups
- Wall calf raises
- Wall push ups
- Wall sit
- Wide arm push ups