

**Speedo® Resistance Training**  
**Featuring the Speedo Hydro Resistant Trainers!**  
**Hosted by Laurie Denomme**

**Speedo Hydro Resistant Arm Trainers and Hydro Resistant Leg Trainers**

Welcome to one of Speedo's most revolutionary designs, the Hydro Resistant Trainers for the Arms and Legs. The Hydro Resistant Trainers can be used in shallow water workouts or in deep-water training with a flotation belt. This equipment is designed to add resistance to any type of training you are doing in the water.

**Leg Trainers Features**

The Hydro Resistant Leg Trainers feature omni directional resistance enhancing lower body toning and strength. This design allows for the legs to assume normal movement and natural leg positioning.

**Correct Positioning-Leg Trainers**

- It is recommended to wear aquatic athletic shoes when working with the Leg Trainers in the shallow water.
- Open the Velcro and wrap the Leg Trainer above the ankle joint.
- Secure the Velcro under the tab and against the leg tightly.
- Position the trainer so that fastener tab is behind the body, at the back of the leg.
- The drag should be around the front and each side of the leg.

**Arm Trainers Features**

- The Hydro Resistant Arm Trainers also feature omni directional resistance enhancing overall toning and strength gains for the upper body.
- The ergonomic design helps ease stress on the shoulder, wrist and elbow joints.
- The easy grip allows for comfortable control of movement.
- Avoid wearing anklets as they could cause friction and discomfort.

**Correct Positioning-Arm Trainers**

- Slip your arm through and hold the hand grip bar. Don't grip too hard.
- Avoid wearing bracelets and or anything dangling from the wrist when wearing the Arm trainers as they could cause friction and discomfort.

**Sample Programming Options with the Trainers**

- Traditional Cardio
- Body Sculpting
- Fusion Programming
- Alternative Programming
- Circuit Training
- Interval Training
- Kick Boxing
- Muscular Endurance & Strength Training

**Vendors in the United States**

Speedo Instructor Discount Program: [www.speedoinstructor.com](http://www.speedoinstructor.com)

Waterworkouts: [www.waterworkout.com](http://www.waterworkout.com)

Speedo USA: [www.speedousa.com](http://www.speedousa.com)

## Sample Workout – IAFC 2008

### Part 1 with Laurie

Center stance – double arm sweep, alternate arm sweep

Mini squat – double elbow extension

Mini lunge

Lunge stance - single arm punch and knee lift

Diagonal lunge stance – bow & arrow, reverse bow & arrow

Diagonal lunge stance – double arm sweep inward

Crescent kick & leg curl

Alternate back kick – travel backward

½ leg circles – travel forward

Shoulder extension

Side step – arm sweeps start with lead leg

Side step – arm sweeps start with trailing leg

Side lunge stance - horizontal shoulder adduction

Side lunge stance - horizontal shoulder adduction, add ¼ turn toward bent knee

Combo: side lunge ¼ turn & lunge –double arm elbow extension

A. Center stance – double elbow extension

B. Tandem stance – external shoulder rotation

C. Single leg – single arm external shoulder rotation

D. Flip Kick (fluid leg front kick + powerful back kick)

A. Center stance – horizontal shoulder ab/adduction

B. Tandem stance –shoulder extension

C. Single leg – shoulder flexion & circle back

D. Flip Kick (fluid leg front kick + powerful back kick) + Add 2 back kicks

### Add-on Choreography

Teach A + B

Teach A + B + C

Teach A + B + C + D

Jacks – level II

Single leg curl – leg suspended in front

Jack, knee, kick, knee

Jacks

Single leg curl –travel forward

Jack, knee, kick, knee

Ski –backward travel

### Part 2 with Angie

Wide jog – alternate punch forward

Ankle reach

Jog –alternate shoulder extension power down

Straight leg front kick –vary tempo

Squat & front kick

Arms at surface - kick side - arms together, swing side-to-side, opposite legs (arms open on kick)

Alternate lunge back - palms up & push forward

R leg only - lunge back & kick front

L leg only - lunge back & kick front

Grounded squat & R leg lift

Grounded squat & R leg kick  
Repeat on the left side

Alternate leg front kick  
Bounce & tuck - palms facing pool floor  
Alternate straight leg kick  
Tuck up & out - arms hold in front  
Power run -use arms (powerful)

Side lunge R -- R arm X body & bounce center  
Side lunge L - L arm X body & bounce center  
Squat in center – alternate side step  
Modified upper cut - feet stable (on ground)  
then extend from shoulder & elbow  
torso rotation - feet stable on ground

Frog tuck -arms push down  
Tuck - X ankles - change front leg  
Power run it

Straight leg kick (no upper body remove wrist resistance)  
Level 2 - front kick (one foot always on floor)  
Level 3 - arms sculling

Jumping jacks  
Plyo jack (out to in & out), Plyo jack (up - X - down)  
Lift legs & scull

Supine wide crunch, supine narrow crunch  
Jumping jacks level 2  
Jumping jacks level 3 out-in-tuck

R Front kick – back kick  
L Front kick – back kick  
Grounded (no bounce) just kick front & back; all on R then all L  
Power kick forward travel - use arms  
Supine crunch  
Vertical crunch

### **Part 3 with Angie & Laurie – Partner Stretch**

Alternate arm sweep  
swing arm like "tick tock" & move to partner  
Single arm horizontal adduction (come together one hand on top of other)  
Side lunge away from partner

Face partner wide stance (holding hands lean back, round the back & lift the toes)  
One partner supports "hold leg trainer" partners leg (hip flexion) for a hamstring stretch  
Switch Partners and repeat  
Wide stance, X arms & holding hands sit back, open shoulder blades & push elbows wide  
Single leg stance – bend opposite leg for a quadriceps stretch  
Repeat on other leg  
Wide stance, deep breath in & exhale arms out front