

# Exercise Kit Workout Guide

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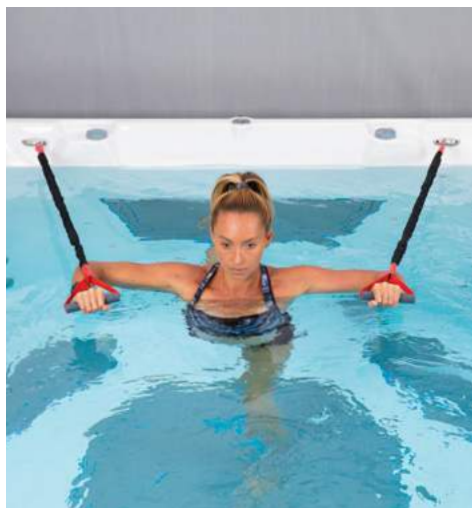
# Exercise Kit

## RESISTANCE BANDS WORKOUTS

Scan or visit [EndlessPools.com](https://www.EndlessPools.com)  
for more great workouts.



### OVERHEAD SHOULDER PRESS



**Beginners:** slow tempo, farther from swim current

**Advanced:** faster tempo, closer to swim current

1. Face the current with your chest raised slightly forward.
2. Hold the resistance bands at shoulder height, make sure there is no slack.
3. Press the resistance bands up and away from your body, then return to the starting position.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.

### LATERAL SHOULDER RAISE



**Beginners:** slow tempo, farther from swim current

**Advanced:** faster tempo, closer to swim current

1. Stand with your chest raised slightly forward and the current flowing towards your side.
2. Hold the resistance band in front of your body, keeping it submerged.
3. Pull the resistance band away from your body to shoulder height, then return to the starting position.

Complete for 30 seconds, rest for 15-20 seconds, repeat on opposite side, 3-4 rounds for optimal results.

### PISTONS



**Beginners:** slow tempo, low flow

**Advanced:** faster tempo, high flow

1. Face the current with your chest raised slightly forward.
2. Hold the resistance bands at chest height, make sure there is no slack.
3. One arm at a time, press the resistance bands in front of you towards the opposite side of your body.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.

# Exercise Kit

## ROPE WORKOUTS

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### TRICEP EXTENSION

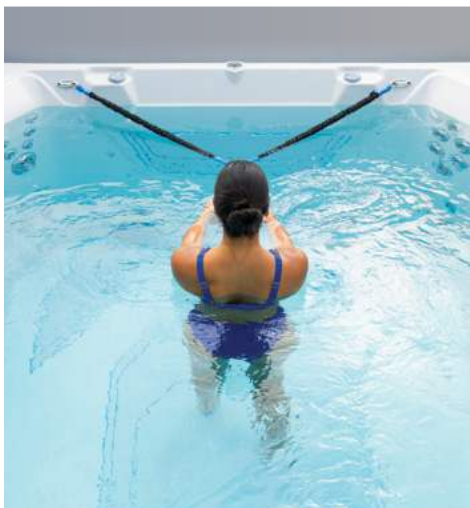


**Beginners:** slow tempo, low flow  
**Advanced:** faster tempo, high flow

1. Face the current with your chest raised and feet positioned for stability.
2. Hold the rope behind your shoulders, make sure there is no slack in the rope.
3. Raise the rope forward and above your head for full extension, then return to the starting position.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.

### BACK WORKOUT



**Beginners:** slow tempo, low flow  
**Advanced:** faster tempo, high flow

1. Stand with your back to the current, position feet hip width apart and lean back onto your body weight.
2. Hold the rope at chest height and make sure there is no slack.
3. Pull the rope towards you, bringing your shoulder blades together. Keep handles at the surface at all times.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.

### BICEP CURL



**Beginners:** slow tempo, low flow  
**Advanced:** faster tempo, high flow

1. Stand with your back to the current with your feet staggered for stability.
2. Hold the rope upright, with hands positioned palms down, elbows bent up to 45 degrees, shoulder width apart.
3. Pull rope toward body, until elbows are bent to 90 degrees and biceps are engaged.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.

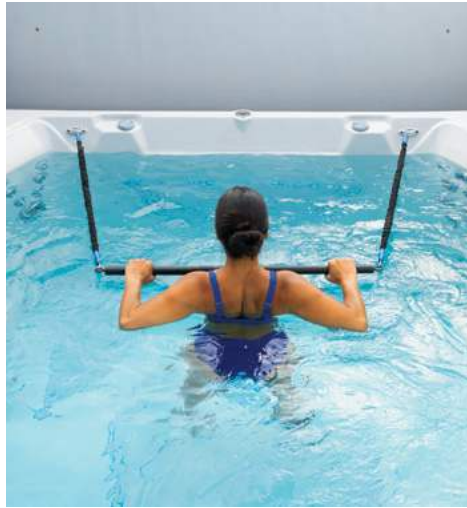
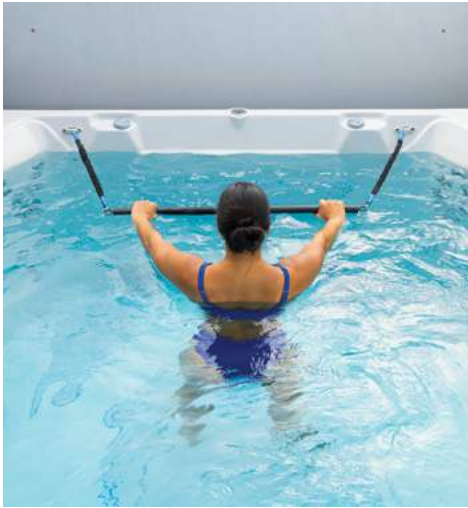
# Exercise Kit

## ROW BAR WORKOUTS

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### STANDING ROWS



**Beginners:** slow tempo, low flow  
**Advanced:** faster tempo, high flow

1. Stand with your back to the current. Press your hips back and raise your chest forward slightly.
2. Hold the row bar at chest height, with hands positioned palms down.
3. Pull the row bar back towards you, bringing your shoulder blades together. Keep bar in the water at all times.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.

### CHEST PRESS



**Beginners:** slow tempo, low flow  
**Advanced:** faster tempo, high flow

1. Face the current with your chest raised slightly forward.
2. Hold the row bar at chest height, make sure there is no slack in the bands.
3. Press the row bar away from your body, keeping hands at surface level for the entire movement.

Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results.