

TRAINING BELLS

Water Exercise Program · 10 Minutes



Correct Training Bells position in the water

Training plan

Quick full-body activation program: 10 exercises, 45 seconds of work and 15 seconds to change position.

10

EXERCISES

45 s

WORK

15 s

TRANSITION

10:00

TOTAL

How to use this guide

Each exercise lasts 45 seconds, followed by 15 seconds for a calm transition to the next position.

- Keep the Training Bells and your forearms submerged during the working phase of each movement.
- Move smoothly and with control; resistance increases as you move faster.
- Keep your shoulders relaxed, head above water and breathing natural.

Exact timing · 10 Minutes

Follow the order; transition time is for calmly moving into the next position.

00:00-00:45	1. Forward press	45 s work	05:00-05:45	6. Row	45 s work
00:45-01:00	Transition	15 s	05:45-06:00	Transition	15 s
01:00-01:45	2. Chest fly	45 s work	06:00-06:45	7. Lateral raise	45 s work
01:45-02:00	Transition	15 s	06:45-07:00	Transition	15 s
02:00-02:45	3. Biceps curl	45 s work	07:00-07:45	8. Torso rotation	45 s work
02:45-03:00	Transition	15 s	07:45-08:00	Transition	15 s
03:00-03:45	4. Triceps kickback	45 s work	08:00-08:45	9. Downward press	45 s work
03:45-04:00	Transition	15 s	08:45-09:00	Transition	15 s
04:00-04:45	5. Front raise	45 s work	09:00-09:45	10. Running arm drive	45 s work
04:45-05:00	Transition	15 s	09:45-10:00	Cool-down & equipment return	15 s

Exercises 1-5

Keep the equipment underwater; prioritize controlled movement and good posture.



1 Forward press

45 s work

Activates: chest, shoulders, triceps

Keep the Training Bells in front of your chest, fully submerged. Press both arms straight forward without lifting your shoulders, then return them to your chest with control.



2 Chest fly

45 s work

Activates: chest, shoulders

Open your arms out to the sides at chest height with the elbows slightly bent. Move your hands toward each other in front of your chest against the resistance of the water, then slowly return to the open position.

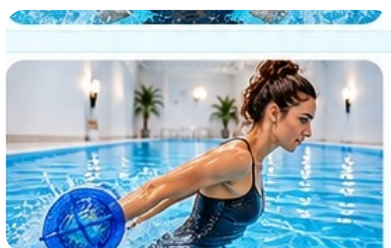


3 Biceps curl

45 s work

Activates: biceps

Keep your elbows close to your body. Curl your forearms toward your shoulders against the resistance of the water, then lower them with control and without swinging.



4 Triceps kickback

45 s work

Activates: triceps

Lean your torso slightly forward and keep your elbows close to your body. Press the Training Bells backward until your arms are extended, then return smoothly to the starting position.



5 Front raise

45 s work

Activates: shoulders

Keep your arms in front of your body and underwater. Raise them straight forward to approximately shoulder height, then lower them with control.

Note: If you feel pain, dizziness or discomfort, stop the exercise.

Adjust the intensity to your fitness level; if this is your first time, move more slowly and use less resistance.

Exercises 6-10

Keep the equipment underwater; prioritize controlled movement and good posture.



6

Row

45 s work

Activates: back, biceps

Extend your arms forward underwater. Pull your elbows back close to your body, bringing the Training Bells toward your torso, then extend your arms forward again.



7

Lateral raise

45 s work

Activates: shoulders

Keep your arms by your sides. Raise them out to the sides through the water to approximately shoulder height without shrugging, then lower them slowly.



8

Torso rotation

45 s work

Activates: core, torso

Hold the Training Bells in front of your body underwater. Rotate your torso with control to the left and right, without jerking or excessive movement of the hips.



9

Downward press

45 s work

Activates: shoulders, back, triceps

Start with your arms in front of your body. Press the Training Bells downward toward your thighs against the resistance of the water, then return them to the starting position with control.



10

Running arm drive

45 s work

Activates: shoulders, arms, core

Move your arms alternately forward and backward as if running. Keep your torso stable, breathe naturally and maintain a pace you can control.

Note: If you feel pain, dizziness or discomfort, stop the exercise.

Adjust the intensity to your fitness level; if this is your first time, move more slowly and use less resistance.