



TRAINING BELLS

Water Exercise Program · 15 Minutes

Complete program: 1-minute warm-up, 10 exercises, 60 seconds of work and 15 seconds for transitions, followed by a 1:30 cool-down.

10

EXERCISES

60 s

WORK

15 s

TRANSITION

15:00

TOTAL

Technique guidelines

- 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 · 15 Minutes

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

00:00-01:00	Warm-up	60 s	07:15-08:15	6. Row	60 s work
01:00-02:00	1. Forward press	60 s work	08:15-08:30	Transition	15 s
02:00-02:15	Transition	15 s	08:30-09:30	7. Lateral raise	60 s work
02:15-03:15	2. Chest fly	60 s work	09:30-09:45	Transition	15 s
03:15-03:30	Transition	15 s	09:45-10:45	8. Torso rotation	60 s work
03:30-04:30	3. Biceps curl	60 s work	10:45-11:00	Transition	15 s
04:30-04:45	Transition	15 s	11:00-12:00	9. Downward press	60 s work
04:45-05:45	4. Triceps kickback	60 s work	12:00-12:15	Transition	15 s
05:45-06:00	Transition	15 s	12:15-13:15	10. Running arm drive	60 s work
06:00-07:00	5. Front raise	60 s work	13:15-13:30	Transition	15 s
07:00-07:15	Transition	15 s	13:30-15:00	Cool-down	1 min 30 s

Warm-up: gentle shoulder and arm movements underwater, without forcing.

Cool-down: slower movements, relaxed shoulders and calm breathing.

Exercises 1-5

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



1 Forward press

60 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

60 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.

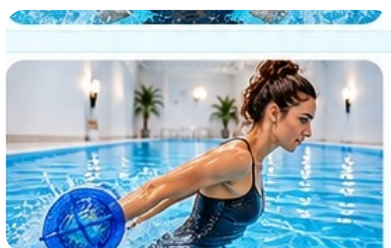


3 Biceps curl

60 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

60 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

60 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

60 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.



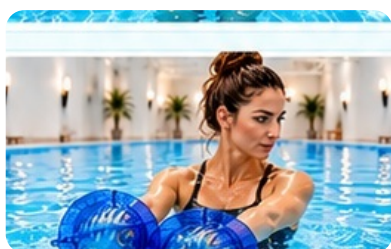
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Lateral raise

60 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

60 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

60 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

60 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.