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1 Leg Lift/Power Scoop & Press ▶

This exercise challenges vertical core stability because the lower body must balance on one leg and execute a unilateral movement pattern while the arms move bilaterally.

To begin, step one leg back into a reverse lunge position. Reach both arms forward just beneath the water's surface. At the same time, press the arms down and back through the water as you lift one leg forward and up through the water. Reverse your palms, then scoop and lift water to the surface as you return your leg to the reverse lunge position. Repeat the coordinated arm and leg action, staying grounded on one leg. After 8 to 16 repetitions, repeat the exercise using the opposite leg for support.



◀ 2 Leg Lift/Power Sweep - Double Arm

This exercise further challenges vertical stability. The dynamic combination of actions (lower body - sagittal plane and upper body - transverse plane) require more intense contraction and co-contraction of the core muscles to maintain stability, balance and alignment.

Begin in the same reverse lunge position. Reach both arms forward just beneath the water's surface and turn your palms to the side. As you lift one leg forward and up through the water, sweep both arms across the midline of your body. It is important to initiate the sweep from the side of your body that is supported by the grounded leg. Reverse your palms and sweep across to the other side as you return your leg to the reverse lunge position. Repeat the coordinated arm and leg action, staying grounded on the one leg. After 8 to 16 repetitions, repeat the exercise using the opposite leg for support and sweeping the arms across in the opposite direction.