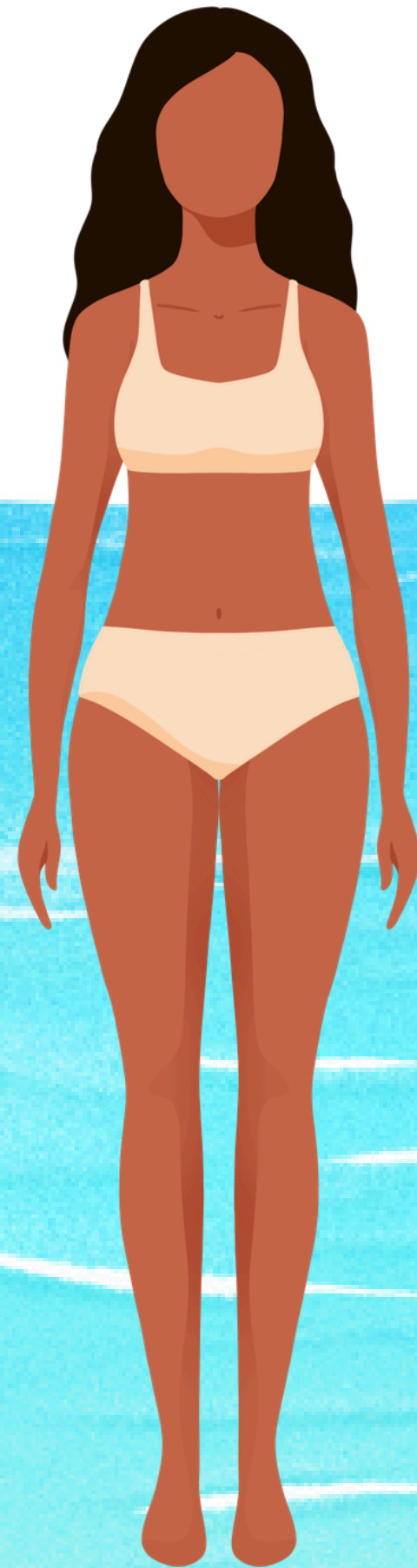




BASIC BODY POSITIONING AND LEVELS FOR AQUA ULTRA FITNESS INSTRUCTORS



TRAINING MANUAL

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LEG POSITIONING



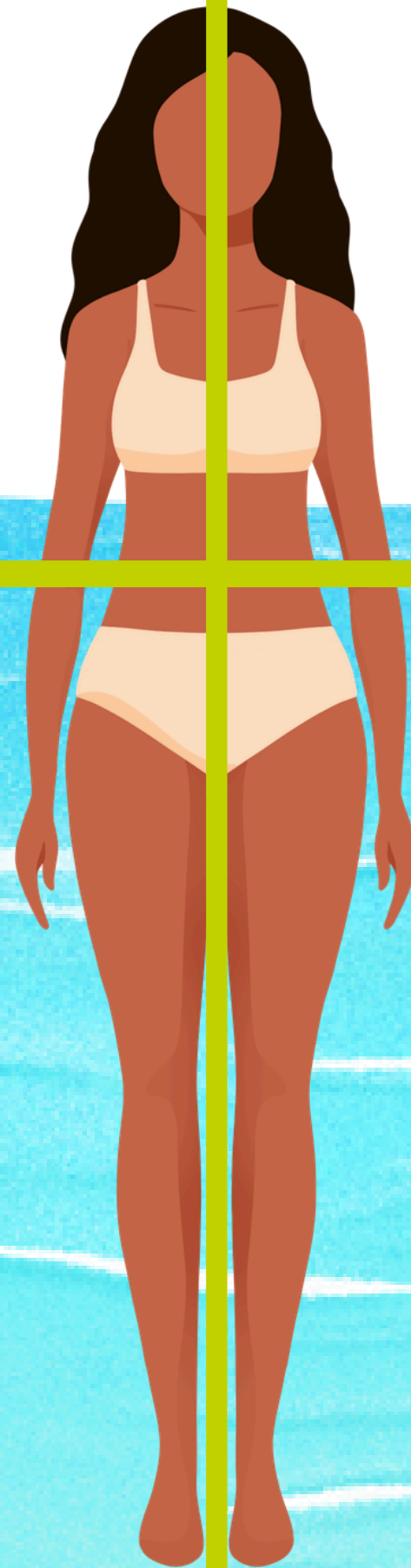
- **STRAIGHT LEG LIFT**
- **CIRCLE SPIN**
- **PULSE**
- **SINGLE DUMBBELL**
- **RESISTANCE BAND**



L1 VERTICALLY UPRIGHT

Q1

Q2



KICK LEVEL 4

KICK LEVEL 3

KICK LEVEL 2

KICK LEVEL 1

Q3

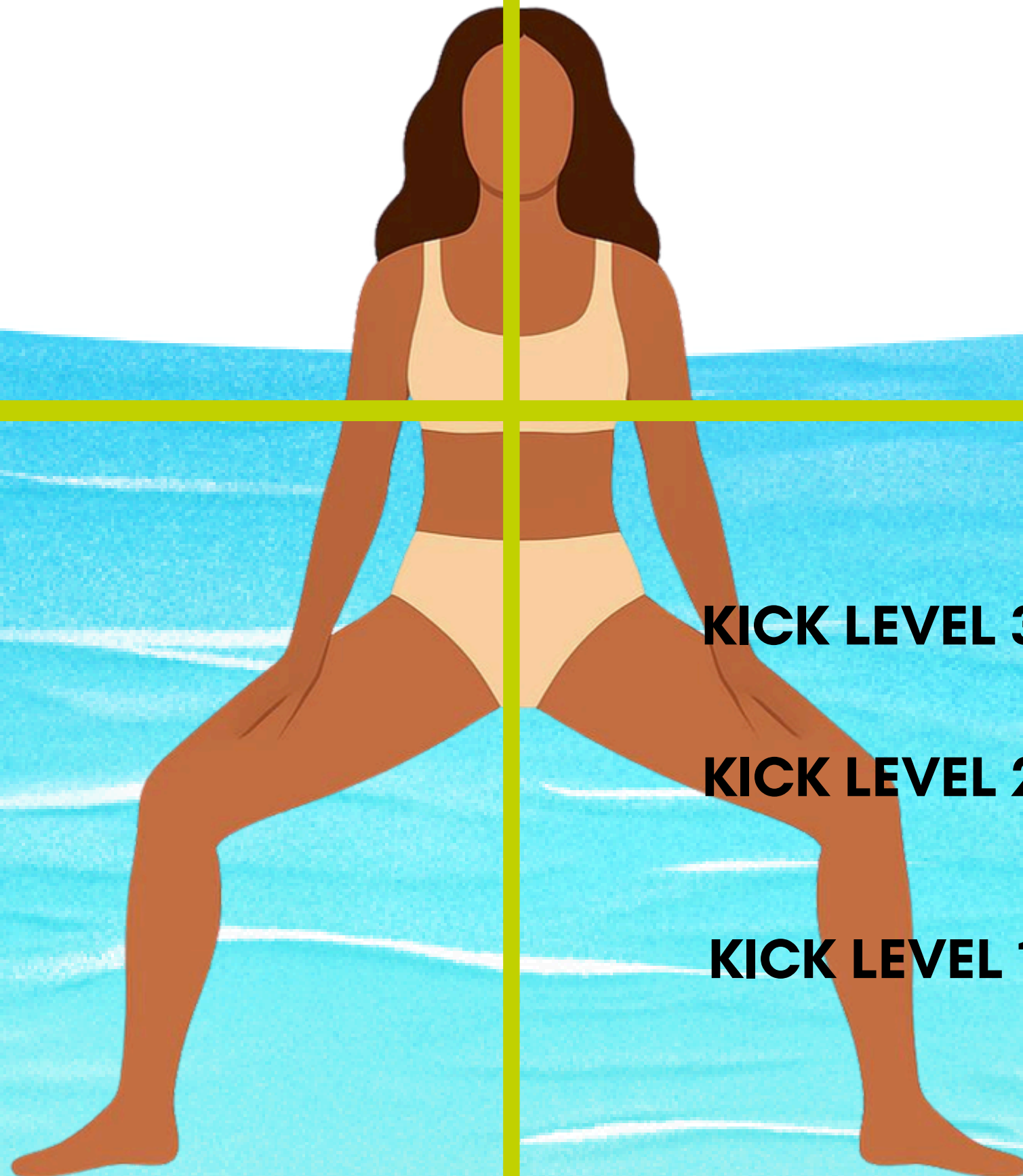
Q4



L2 WIDER STANCE

Q1

Q2



KICK LEVEL 3

KICK LEVEL 2

KICK LEVEL 1

Q3

Q4



L3 SUSPENDED

Q1

Q2



POSTERIOR
NOODLE

Q3

Q4



L4 FORWARD PLANK

Q1

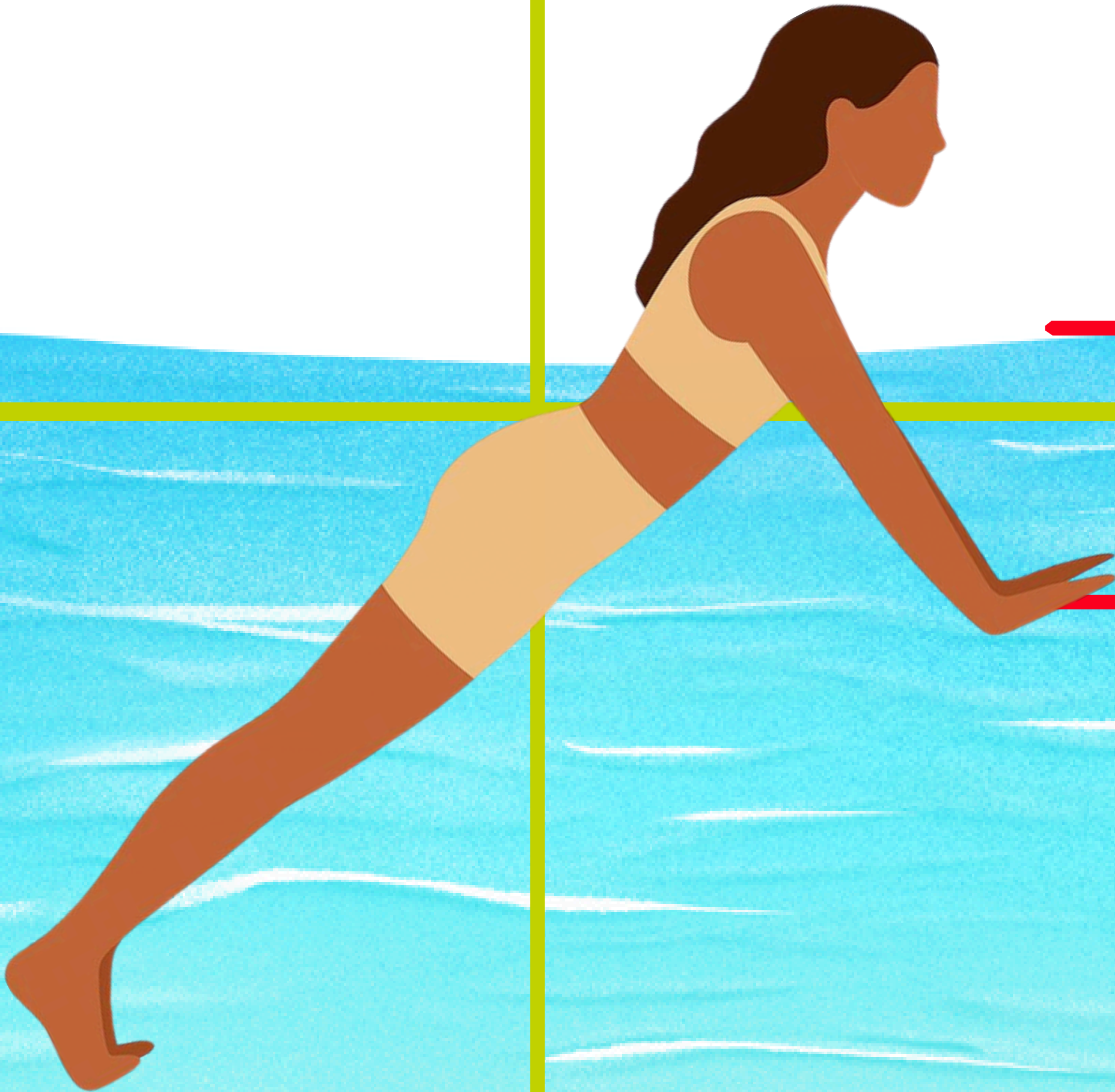
Q2

NOODLE LEVEL A

NOODLE LEVEL B

Q3

Q4



L5 REVERSE PLANK

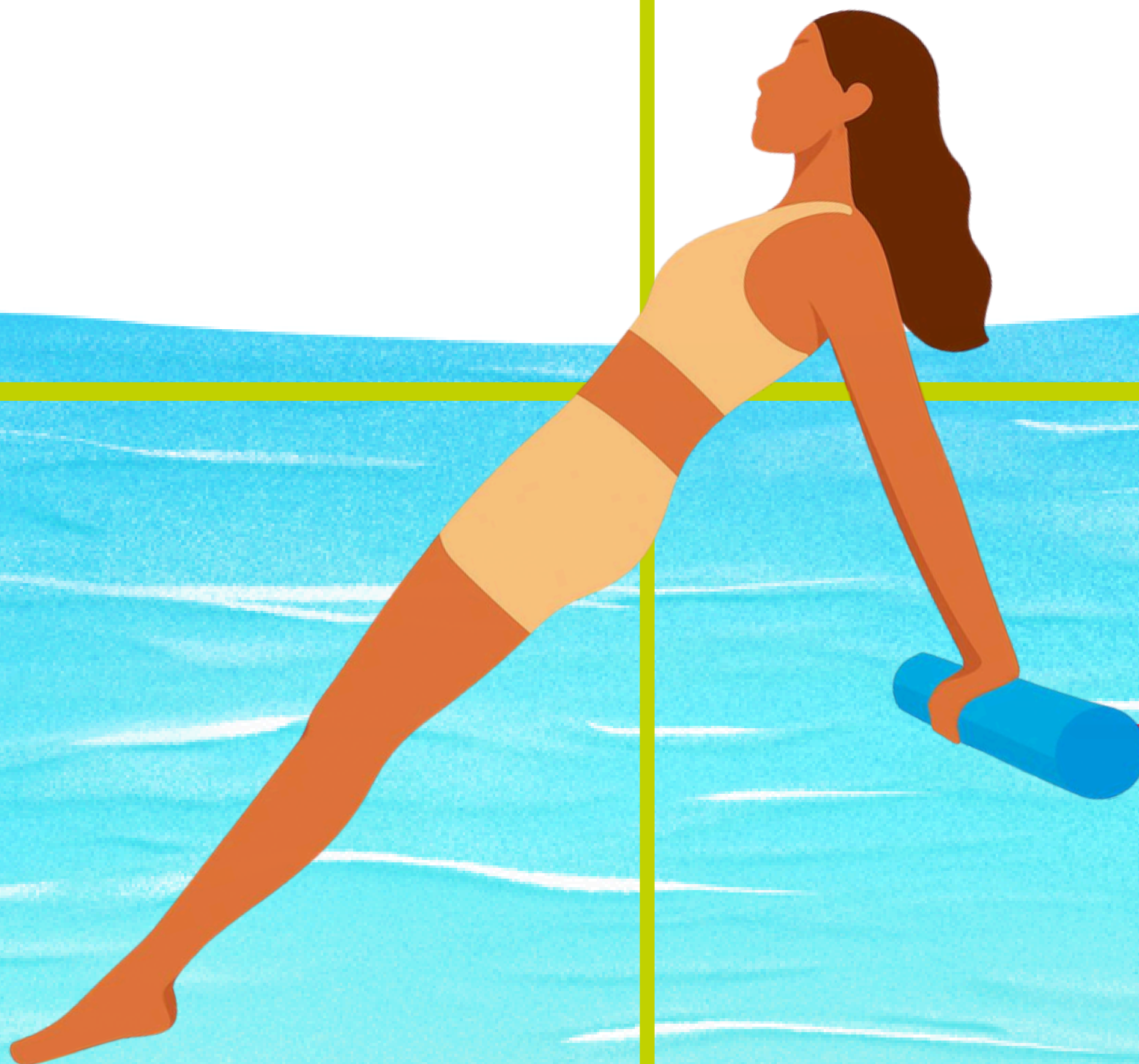
Q1

Q2

NOODLE LEVEL

Q3

Q4



L6 SIDE-PLANK

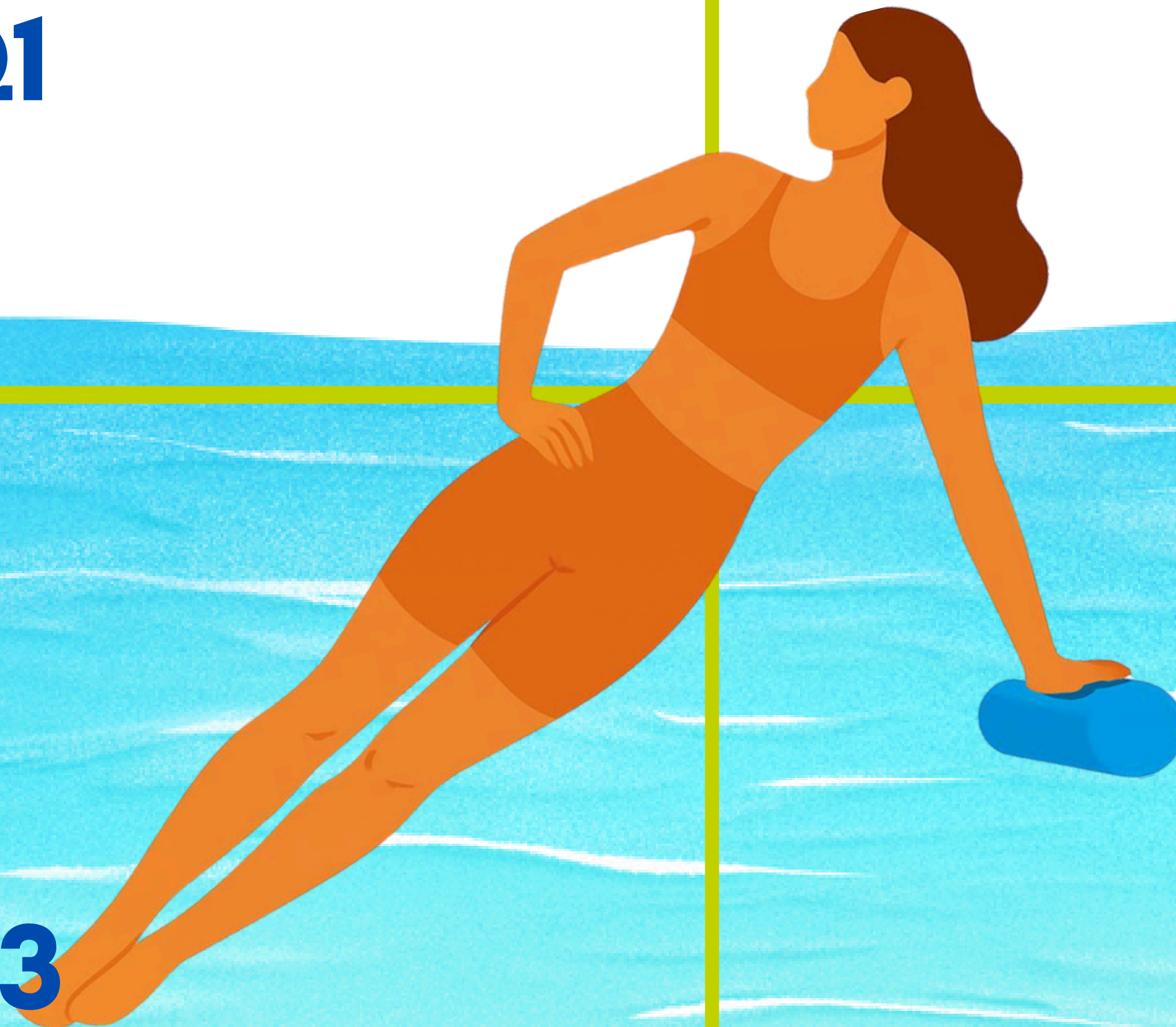
Q1

Q2

NOODLE LEVEL

Q3

Q4



Q1

Q2

LEFT

RIGHT

OFF

Q3

Q4

FRONT

BACK

