

Christy's Success Plan

Perform each exercise in the pool. :30 of "work" and :30 of "rest". Using the clock at the end of the pool is best! Repeat 3 times for 30 minutes total.

Run in place

Jumping Jacks

High Knees

Reverse Arm Circles

Butt Kickers

Tuck Jumps

Forward Arm Circles

Forward Alternating Kicks

Underwater Punching

Torso Twists



For daily inspiration, motivational tips, recipes, training routines, and blog posts from myself and our FitLife Friends, visit stephaniekeen.com. We can't wait to share our secrets to creating a FitLife with you!

To chat with me and enjoy a wealth of FitLife knowledge, like my [Facebook Fan Page](#) and follow me on [Twitter](#).