

Seven Pool Moves for Summertime Fitness

Why should the kids have all the fun?! Grab a pool noodle and jump on in for some fun and ultra-effective summertime fitness moves!

Turns out, the ubiquitous foam toy (you've probably had backyard "sword" fights with one!) is also an ultra-effective tone-up tool. "Because the device is buoyant, you have to engage multiple muscle groups to counter its flotation, burning calories and firming in the process," says N. Travis Triplett, Ph.D., program director of exercise science at Appalachian State University in Boone, North Carolina.

For an optimum workout, complete three sets of reps for each of these 7 body-sculpting moves three times per week on nonconsecutive days. If that's too much for your busy schedule, just do them when you can!

Last one in the pool is a rotten egg!!



Cannonball

Float in deep water with noodle wrapped around upper back and under arms, hands on either end. Extend legs toward pool bottom, feet together, toes pointed. Engage abs and raise knees toward chest (as shown). Hold for two seconds, then straighten legs for one rep. Do 20 reps.



Stair Master

Start floating with feet on pool ladder, holding noodle with both hands shoulder-width apart, arms extended in front of you. Engage abs to stabilize and push noodle toward pool bottom, keeping arms straight, until in plank position (as shown). Hold 30 seconds. Return to start for one rep. Do 10 reps.



Drop Anchor

Holding pool ladder with both hands, elbows bent, place noodle under stomach and float with legs extended behind you, feet together. Engage abs to stabilize and lower legs toward pool bottom, so body forms a 90-degree angle (as shown). Return to start for one rep. Do 20 reps.



Deep-sea Dive

Stand with feet hip-width apart in waist-deep water, holding noodle on water's surface with both hands slightly wider than shoulder-width apart. Press arms down as you raise left leg behind you until parallel to pool bottom (as shown). Return to start for one rep. Do 10 reps. Switch sides; repeat.



Cheeky Move

Stand with feet hip-width apart in chest-deep water, holding noodle up with hands slightly wider than shoulder-width apart at water's surface. Squat, submerging noodle to knees (as shown), then stand as you rotate torso to right, moving noodle through water to right side. Rotate back to center. Repeat squat sequence on left side for one rep. Do 20 reps.



Synchronized Slimmer

Float on back with noodle under knees, arms extended out to sides. Crunch, bringing hands toward knees inside noodle (as shown). Return to start for one rep. Do 20 reps.



Liquid Lunge

Stand with feet hip-width apart in chest-deep water and hold one end of noodle in each hand, arms extended in front of you underwater, noodle bent into a U. Push noodle toward pool bottom as you lift left leg and step over noodle into a lunge (as shown). Step back to start. Repeat on opposite side for one rep. Do 10 reps.