

BLASTER ROLL	Roll the bag across your body with one arm and catch bag with the other arm. Great for warm ups
KNEE LIFT	Balance bag on your knee and lift bag to/above water surface. Another good warm up.
HIKE, CHASE & PUSH	Push the bag through legs (like leap frog), then chase bag backward, then push bag forward to starting point and repeat. Warm up drill.
KETTLE BELL	Grab upper handles and swing bag between your legs and sweep bag up to surface
PUSH-PULL-TWIST	Hold upper and lower handles, push bag out horizontally, pull bag in, twist and repeat
MOGULS	Press bag with palms and hop side to side while doing moguls, shifting the bag as you hop
BLASTER 360	Roll the bag around your body, release it, and catch bag from other side. Then reverse.
SHOULDER CURL	Stand or squat at shoulder level water. Hold upper and lower handles. Bob bag up surface and back down with arms extended
WAVE MACHINE	Hold upper and lower handles and swing bag back and forth near surface - make some waves
CABLE PULL	Grab the upper handles and swing the bag horizontally side to side near the surface
KETTLE BELL SIDE	Hold upper handles and swing bag back and forth underwater swinging bag to surface

See the routine @ <https://youtu.be/c8FmHY42e4o>

AQUABLAST® **Total Body Workout**

BLASTER BOWLING	Grab upper handle with one hand. Lunge forward and swing the bag to surface. Like bowling.
KETTLE BELL REAR	Hold bag horizontally by upper and lower handles behind back
BLASTER CRUNCHES	Cradle the bag with your forearms. Keep legs straight and lift bag above water. Lean slightly forward and stand straight
BICEP CURL	Grab an upper handle with one hand, place elbow on side and lift bag above water
CRADLE AND SQUAT	Cradle the bag with your forearms. Squat down and stand up.
BLASTER CURLS	Hold bag horizontally by upper and lower handles. Keep elbows at side and lift bag horizontally up and down.
ROW	Grab two upper handles (elbows out) and lift the bag above water
PENDULUM SIDE LIFT	Hold upper and lower handles and swing bag underwater and lift out of the water on each side
POTATO SACK	Place bag on one shoulder and stand up and do squats.
OVERHEAD LIFT	Grab upper and lower handles, crouch down, and lift the bag over head. Tough one!
BABY LIFT	Hold the bag like you are lifting a baby, and lift the bag up. Tough one!

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