

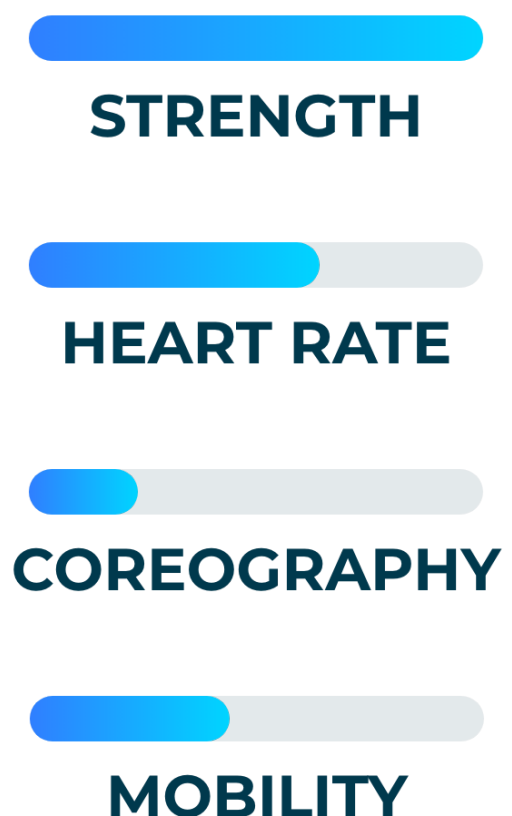
HYDROHEX POWER

Hydrohex POWER is your go to class for full body muscular strengthening and shaping with the full benefits of an aquatic environment.

Ideal for those looking to concentrate on pure doing without the stress of difficult choreographies. The class includes circuit-sections that invite you to push, pull and fight the water against a stopwatch encouraged by up-beat music, as well as clear cardio sections to keep your heart rate elevated.

Hydrohex POWER movements can easily be varied and dialled up or down as needed, ensuring that everyone can find the perfect level of resistance in the water and leave the pool feeling stronger than ever!

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different focus: #circuit concentrating on simple and efficient resistance training, and #challenge emphasizing the cardiovascular training.



POWER CLASS FORMATS

POWER Full Class 45min

1. Warm-up
2. Coordination
3. Heart rate elevation 1
4. 1st circuit block
5. 2nd circuit block
6. 3rd circuit block
7. Heart rate elevation 2
8. Core
9. Cooldown

POWER #circuit 30min

Focus on muscular strengthening with the circuit-blocks as the main course:

1. Warm-up
2. Coordination
3. 1st circuit block
4. 2nd circuit block
5. 3rd circuit block
6. Cooldown

POWER #challenge 30min

Focus on heart rate elevation and muscular endurance:

1. Warm-up
2. Coordination
3. Heart rate elevation 1
4. Heart rate elevation 2
5. Core
6. Cooldown