



SplashStrong

**Move Freely. Live Fully.
Praise Always.**

Wave 1 Sampler Pack



SplashStrong™ Sampler Pack



Welcome to the SplashStrong™ Sampler Pack — I'm so glad you're here!

I created this for people like you — those who want to move more freely, build strength, and care for their body while honoring God in the process.

My name is **Dr. Jori Shaffer**, and I'm a physician who lives with daily joint pain from psoriatic arthritis, along with other chronic health challenges. But water has become my space of freedom — a place where I can move, worship, and rebuild strength without the harsh impact of land-based workouts.

SplashStrong™ was designed for those who feel like traditional fitness routines just aren't made for them — because I am there too.

Whether you're:

- Recovering from an injury,
- Struggling with arthritis, mobility, or weight, or
- Simply looking for a joyful and gentle way to move again...

I want you to know:

You can start right here. You can start today.

Let's move freely.

Let's live fully.

Let's praise always.

With a grateful heart and only by the strength He provides,

— Dr. Jori Shaffer

Before You Jump In: Important Tips for a Safe & Joyful Start

Medical Disclaimer

Before beginning any new fitness routine — especially if you have arthritis, chronic pain, heart issues, or mobility limitations — please consult with your healthcare provider to make sure these exercises are appropriate for you. Your safety and well-being come first. These workouts are designed to be gentle, low-impact, and adaptable, but every body is different.

Where Can I Do SplashStrong™ Workouts?

Great news — you don't need a fancy gym or high-end aquatic center!
You can enjoy SplashStrong™ in:

- ✓ Above-ground or in-ground pools
- ✓ Hotel pools
- ✓ Apartment complex or neighborhood pools
- ✓ Lakes (calm, shallow areas only)
- ✓ Community or YMCA pools
- ✓ Fitness centers or therapy pools

These routines are best performed in waist-deep to shoulder-deep water, depending on your height and comfort level. Be sure to have safe entry and exit access and never exercise alone in unfamiliar waters.

Go at Your Own Pace

Whether this is your first fitness routine or you're returning after injury or illness:

 Start where you are — not where you think you "should" be.

 Pause when needed.

 Modify movements to match your comfort and ability.

 The most important thing is that you're moving, breathing, and having fun!

You do NOT need to be athletic, skinny, young, or pain-free to begin. You just need to be willing to show up — and let the water do its healing work.

Helpful Supplies

Here's what we recommend for getting the most out of your SplashStrong™ workouts:

🕒 Timing device

- Phone (in a waterproof pouch)
- Sports watch or fitness tracker
- Poolside stopwatch or interval timer

👣 Water shoes or aqua socks

For added traction, foot protection, and joint support

💧 Water bottle

Keep poolside to stay hydrated — even if you don't feel thirsty

🔊 Optional: Waterproof speaker (if you're playing music or a voice track)



💡 *Helpful Tips for Taking Your Workouts Poolside!*

We want your SplashStrong™ workouts to be easy, accessible, and durable — even at the water's edge! Here are some simple and effective ways to prep your workout pages for poolside use:

🖨️ **Print & Protect**

- Print your workouts on regular paper (or thicker cardstock for extra durability).

-
-
-

Laminate each page to keep them dry and sturdy during your sessions.

✂️ **Pro Tip: Hole Punch BEFORE Laminating!**

Want to keep your pages together on a metal ring?

Punch the hole(s) in your paper first — before laminating.

-
-
-

Then laminate the entire page with the hole already punched.

-
-
-

This seals the edges of the hole so water can't sneak in!

Avoid punching the hole *after* laminating — it can break the seal and let water get inside.

💧 **No Laminator? No Problem!**

You can still protect your workouts without fancy equipment!

Simply slide the pages into a gallon-size zip-top plastic bag.

-
-
-

Easy to seal, waterproof, and reusable!

-
-
-

You can even trim your paper slightly to fit it better inside the bag.

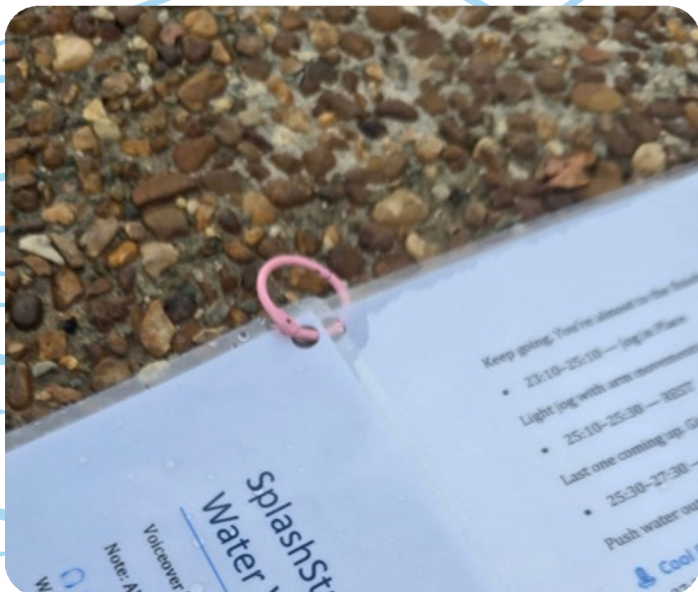
🔗 **Keep It Together**

Use a metal ring, plastic snap loop, or carabiner to hold your laminated pages together.

Clip it to your pool bag or water bottle holder for easy access!

-
-
-

You can also tuck them into a small dry bag or clipboard.





SplashStrong™ Wave 1 Sampler

Beginner Workout 1 (SSFB1R.30)

~30 minutes

No Equipment

Full Body (Mobility, Strength,
Coordination)

Faith Anchor:
Psalm 103 (ESV)



Warm-Up (4 minutes)

Anchor Verse: *Psalm 103:1 — "Bless the LORD, O my soul, and all that is within me, bless his holy name!"*

Water Walking (1 min)

Walk forward and backward across the pool with arms swinging gently

Arm Circles (1 min)

Lift arms to shoulder height and make small forward circles, then reverse.

High Knees (1 min)

Lift knees toward chest, one at a time, alternating.

Torso Twists (1 min)

With arms extended in front, twist side to side to warm up the core.



Circuit 1: Mobility & Balance (~6 Minutes)

Anchor Verse: *Psalm 103:2 — "Bless the LORD, O my soul, and forget not all his benefits."*

Side Steps with Reach (2 min)

Step side to side while reaching arms out and across your body.

Heel Raises (2 min)

Raise up onto your toes slowly, then lower with control.

Knee Lifts with Arm Reach (2 min)

Lift one knee at a time and reach arms upward.

SplashStrong™ Wave 1 Sampler

Beginner Workout 1 (Continued)

@ Circuit 2: Strength & Endurance (~8 Minutes)

Anchor Verse: Psalm 103:5 — *"...who satisfies you with good so that your youth is renewed like the eagle's."*

Water Jogging (2 min)

Jog in place or back and forth in the pool.

Front Kicks (2 min)

Alternate kicking legs forward, engaging your core.

Arm Presses (2 min)

Push water forward and back with your hands in a controlled motion.

Flutter Kicks (2 min)

Lean back or hold the pool edge while kicking legs just under the surface.

C Circuit 3: Core & Coordination (~8 Minutes)

Anchor Verse: Psalm 103:10 — *"He does not deal with us according to our sins, nor repay us according to our iniquities."*

Torso Twists (2 min)

With arms extended in front, rotate from side to side at the waist.

Cross-Country Arms & Legs (2 min)

Move arms and legs opposite each other as if skiing.

Knee Tucks (2 min)

Tuck both knees to chest while maintaining balance in the water.

Back Kicks (2 min)

Kick one leg back at a time behind you, activating glutes and hamstrings.

SplashStrong™ Wave 1 Sampler

Beginner Workout 1 (Continued)



Cool Down (4 Minutes)

Anchor Verse: Psalm 103:11 — *"For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him."*

Gentle Water Walk with Deep Breathing (1 min)

Walk slowly, lifting arms overhead with inhale, lowering with exhale.

Standing Hamstring Stretch (1 min)

Extend one leg forward with heel down and lean gently forward. Switch sides after 30 sec.

Shoulder Stretch (1 min)

Cross one arm over your chest and gently press with the opposite hand. Switch sides after 30 sec.

Quad or Hip Flexor Stretch (1 min)

Bend one leg behind you or take a lunge stance to stretch. Switch sides after 30 sec.



You Did It!

Final Anchor Verse: Psalm 103:12 — *"...as far as the east is from the west, so far does he remove our transgressions from us."*

Congratulations on completing your no-equipment workout today!
You're building physical strength and anchoring your spirit in truth.
Whether your movements were big or small, God sees your effort.
You are growing stronger with every step — in body and faith.
Stay encouraged, stay consistent, and keep moving. You are
SplashStrong™!

Move Freely. Live Fully. Praise Always.



SplashStrong™ Wave 1 Sampler

Noodle Workout 1

SSFN1R.30

~30 minutes

Full Body (Mobility, Strength,
Coordination)

Pool Noodle

Faith Anchor:
Psalm 145 (ESV)



Warm-Up (4 minutes)

Anchor Verse: *Psalm 145:1 — "I will extol you, my God and King, and bless your name forever and ever."*

Water Walking with Noodle (1 min)

Hold the noodle across your body or like a belt behind your back and walk forward/backward across the pool. Move your arms in gentle swinging motion.

Arm Circles with Noodle (1 min)

Hold noodle ends with arms outstretched. Make small forward circles for 30 seconds, then reverse.

Leg Swings with Noodle Support (1 min)

Stand upright, holding the noodle in front of you for balance. Swing one leg forward and back. Switch legs after 30 seconds.

Noodle Press-Downs (1 min)

Press the noodle straight down into the water in front of you and slowly let it rise. Focus on control.



Circuit 1: Mobility & Balance (~6 Minutes)

Anchor Verse: *Psalm 145:3 — "Great is the LORD, and greatly to be praised, and his greatness is unsearchable."*

Side Steps with Noodle Reach (2 min)

Hold noodle across chest and side-step across the pool while pushing noodle out in front of you.

Heel Raises with Noodle Balance (2 min)

Hold the noodle lightly for balance. Raise up onto toes and lower down slowly.

Knee Lifts with Noodle Assist (2 min)

Hold noodle for balance, lift one knee at a time toward chest. Alternate legs.

SplashStrong™ Wave 1 Sampler

Noodle Workout 1 (Continued)

🕒 Circuit 2: Strength & Endurance (~8 Minutes)

Anchor Verse: *Psalm 145:5 — "On the glorious splendor of your majesty, and on your wondrous works, I will meditate."*

Water Jog with Noodle Across Chest (2 min)

Jog in place or back/forth across the pool holding noodle like a floatation bar.

Front Kicks with Noodle Stability (2 min)

Use noodle for balance. Alternate kicking legs straight forward, aiming for core engagement.

Noodle Push-Downs (Chest Press) (2 min)

Hold noodle shoulder-width. Push down in front of chest, engaging arms and chest.

Flutter Kicks with Noodle Support (2 min)

Hold noodle under arms, float on back, and kick legs quickly just beneath water.

🕒 Circuit 3: Core & Coordination (~8 Minutes)

Anchor Verse: *Psalm 145:13 — "Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations."*

Torso Twists with Noodle (2 min)

Stand tall with noodle held straight out in front. Twist upper body slowly side to side.

Noodle Pull-Throughs (2 min)

Hold noodle overhead, then slowly submerge it down between your legs and back up.

Knee Tucks with Noodle Under Arms (2 min)

Float with noodle under arms. Pull knees into chest, then extend.

Noodle Paddle Pushes (2 min)

Hold noodle lengthwise like a kayak paddle. Push water side to side as if rowing.

SplashStrong™ Wave 1 Sampler

Noodle Workout 1 (Continued)



Cool Down (4 Minutes)

Anchor Verse: Psalm 145:18 — *"The LORD is near to all who call on him, to all who call on him in truth."*

Gentle Water Walk with Deep Breathing (1 min)

Walk slowly, lifting arms overhead with inhale, lowering with exhale.

Standing Hamstring Stretch (1 min)

Extend one leg forward with heel down and lean gently forward. Switch sides after 30 sec.

Shoulder Stretch (1 min)

Cross one arm over your chest and gently press with the opposite hand. Switch sides after 30 sec.

Quad or Hip Flexor Stretch (1 min)

Bend one leg behind you or take a lunge stance to stretch. Switch sides after 30 sec.



You Did It!

Final Anchor Verse: Psalm 145:21 — *"My mouth will speak the praise of the LORD, and let all flesh bless his holy name forever and ever."*

Congratulations on completing your workout today!

You've taken a powerful step — not only to strengthen your body, but also to anchor your heart in God's Word. Every movement matters. Every verse renews. Whether you walked, kicked, pressed, or praised — you chose to move freely, live fully, and praise always.

Let today be the first of many moments where faith and fitness come together. You are not alone in this journey. You are seen, you are strong, and you are SplashStrong™.

🧡 Keep showing up. God is doing something beautiful.

Move Freely. Live Fully. Praise Always.

Privacy Policy for SplashStrong™

Effective Date: April 16, 2026

SPLashStrong™ (“we,” “us,” or “our”) is committed to protecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your information when you visit our website or use our services.

1. Information We Collect

We may collect:

- **Name and email address (when you sign up or opt-in)**
- **Payment information (if you purchase a product)**
- **Usage data (via cookies or analytics tools)**

2. How We Use Your Information

We use your data to:

- **Deliver products and services**
- **Send emails and updates**
- **Improve our website and offerings**

3. Sharing Your Information

We do not sell or rent your personal data. We may share it with trusted third-party services (like payment processors or email platforms) to operate our business.

4. Cookies

We use cookies to improve your experience. You can disable cookies in your browser settings.

5. Your Rights

You may request to:

- **Access or correct your data**
- **Unsubscribe from emails**
- **Delete your information**

6. Data Security

We take reasonable steps to protect your data, but no method is 100% secure.

7. Changes to This Policy

We may update this Privacy Policy. Changes will be posted on this page with a revised date.

8. Contact Us

For questions, email: [\[hello@splash-strong.com\]](mailto:hello@splash-strong.com)

 **Terms & Conditions Effective Date: [7/13/2025]**

Welcome to SplashStrong™! By accessing our website or purchasing our products, you agree to the following terms:

1. Use of Site

You agree to use our site for lawful purposes only. You may not copy, distribute, or misuse our content.

2. Intellectual Property

All content, branding, and materials are owned by SplashStrong™ and may not be reproduced without permission.

3. Purchases

All sales are final unless otherwise stated. Digital products are delivered via email or download.

4. Limitation of Liability

We are not liable for any injuries, losses, or damages resulting from use of our workouts or materials.

5. Modifications

We may update these terms at any time. Continued use of the site means you accept the changes.

 Health & Fitness Disclaimer

SplashStrong™ workouts are designed to be low-impact and joint-friendly, but all exercise carries risk.

By participating, you acknowledge:

- **You are responsible for your own health and safety.**
- **You should consult a physician before beginning any new exercise program.**
- **SplashStrong™ is not liable for any injuries or health issues that may arise.**
- **Results may vary and are not guaranteed.**

“For in Him we live and move and have our being.” —

Acts 17:28

SplashStrong™ Journal Reflections

Encouragement:

You don't need a fancy journal — just grab a notebook or your favorite notepad and take a few quiet minutes after your workout to reflect and write. These moments of stillness and praise are just as valuable as the movement itself.

Try answering one or two of these prompts after each workout:

Journal Prompts

What did I accomplish today — big or small?

How did I feel physically and emotionally before and after this workout?

Which movement was my favorite, and why?

Were there any moves that were challenging for me?

How did the water feel today — freeing, peaceful, energizing?

What is one thing I'm thankful for about my body today?

How did I see God's goodness during this time?

Which Bible verse spoke to my heart today?

What is a goal I'd like to work toward this week?

How can I encourage myself or someone else with what I've learned?

 Your body is a gift. Your movement is praise. Keep showing up — and watch what God does!

Sample Beginner Workout Schedules **Using the SplashStrong™ Sampler Pack Workouts**

Grace-Paced Plan

Listen to your body. Trust the Lord. Every step is progress. This plan is ideal if you're easing into movement, managing chronic pain, or just want a rhythm that allows rest and grace along the way.

Week at a Glance: **DaySuggested Activity**

Day 1

Beginner No-Equipment Workout (SSFB1R.30)

Day 2

Rest or Gentle Stretching

Day 3

Beginner Noodle Workout (SSFN1R.30)

Day 4

Rest or Light Pool. Walking

Day 5

Repeat Your Favorite Workout

Day 6

Rest & Reflect — journal, praise, breathe

Day 7

Optional Movement or Worship Walk

Remember:

Even one workout this week is a win. Every time you step into the water, you're choosing strength, healing, and joy. Progress isn't measured in perfection — it's measured in faithfulness. Keep showing up — you are SplashStrong™.

Sample Beginner Workout Schedules **Using the SplashStrong™ Sampler Pack Workouts**

Gentle Start Plan

Start small. Stay consistent. Let grace lead the way.
This plan is for you if you're just beginning, returning after a long break, or needing a lower-impact schedule to support healing and encouragement.

Week at a Glance: **Day Suggested Activity**

Day 1

Beginner No-Equipment Workout (SSFB1R.30)

Day 2

Rest or Light Stretching

Day 3

Beginner Noodle Workout (SSFN1R.30)

Day 4

Rest or Walk in the Pool

Day 5

Repeat Favorite Moves or Mix & Match

Day 6

Rest & Reflect — journal, pray, praise

Day 7

Optional Day — choose gentle movement

 **Reminder:**

Movement is a gift. You don't have to do everything — just something. Trust that God sees your effort and delights in your heart to keep going.

You are SplashStrong™ — one step, one splash, one day at a time.