

 ***Get Wet*** 

 ***Get Fit*** 

***Getting the most from  
your pool workouts***

# Objectives:



- Clarify what ‘aqua fitness’ means and how can you achieve your fitness goals in the pool.
- Discuss how your aqua fitness instructor helps you & how you can help your instructor!
- Practice Power Posture.
- Explore useful facts about aqua fitness.

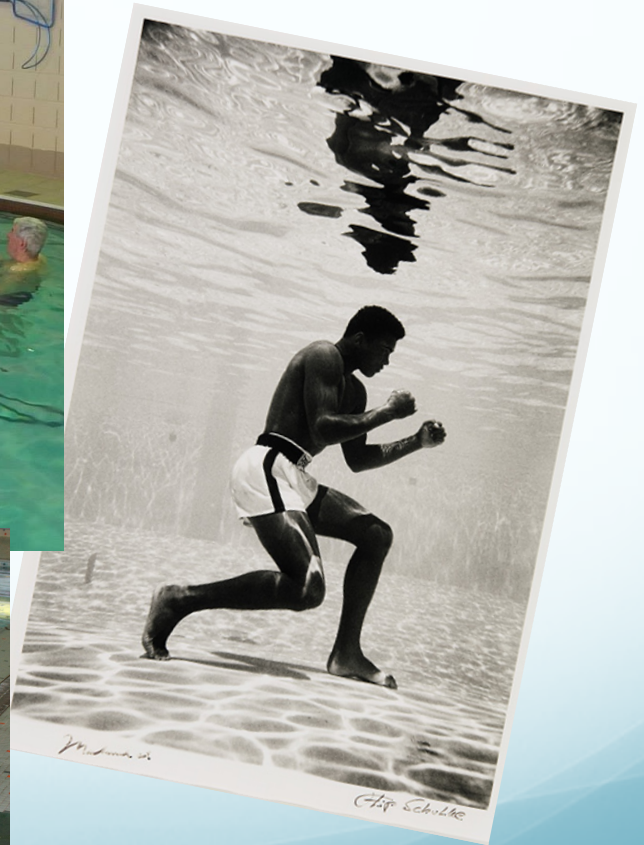
# What is Aqua Fitness?

- Fitness activities in the water performed in vertical or near vertical body alignment.
- Group or individual exercise.
- Many types of aqua fitness exist, from therapeutic, gentle exercise, to high-intensity athletic training!





# Who Does Aqua Fitness Serve?





# Types of Aqua Fitness:

Group classes of all levels:

- General Aqua Fitness
- AquaBility
- Ai Chi
- Self-AquaStretch
- AquaCycling
- AquaStrength
- *AQXonFloats*
- AquaTots



# Is Aqua Fitness the Same as Swimming?

## Compare:

### Swimming

- Horizontal body alignment.
- Swimming requires specific skills to stroke, breathe, and travel.
- Swim strokes are streamlined and efficient.
- Typically, there are many repetitions of the same arm and leg actions.
- Swimming can be leisurely, or athletic. Fitness levels can be improved.
- Can be done for fitness or rehab.

### Aqua Fitness

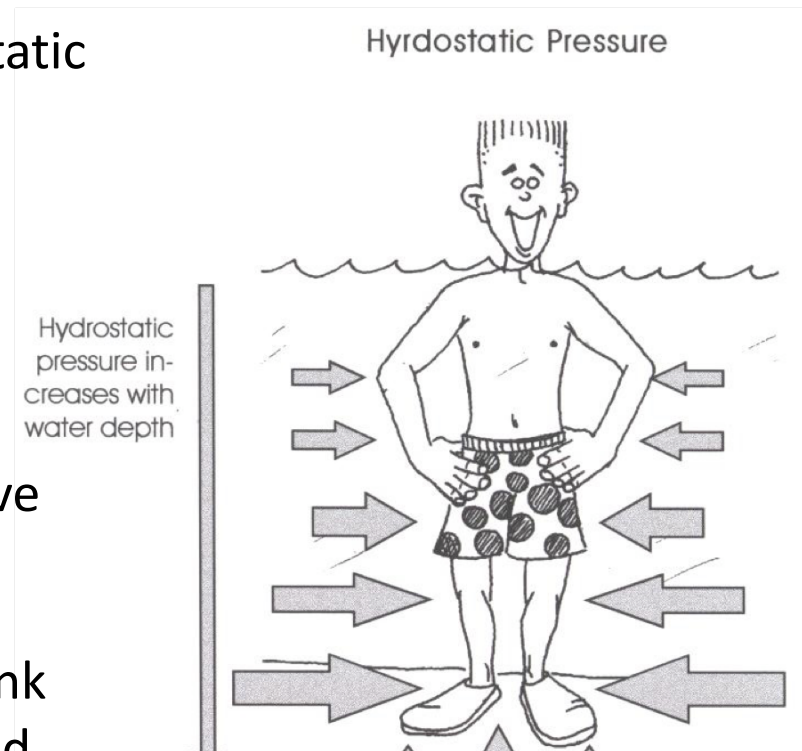
- Usually, exercises are done vertically.
- Breathing is important, but does not have to be coordinated with movements.
- Skills must be developed to stabilize the core, and move limbs as desired.
- Greater variety of limb movement.
- Not streamlined / efficient: movements are intended to be turbulent and inefficient, because this expends energy.
- Fitness levels can be improved.
- Can be done for fitness or rehab.

# What is Unique About Aqua Fitness?



## Vertical Immersion Affects Circulation

- The water presses in on the body - Hydrostatic Pressure (HP)
- Deeper parts of the body experience more pressure than areas near the surface (HP gradient).
- HP gradient causes blood and fluids to move upward, toward the surface.
- Circulation is improved; swollen joints shrink and move better, the heart is stretched, and beats more efficiently!





## Vertical Immersion Affects Kidney Function

- Increased fluid in the thorax = increased urine output (your body perceives it has too much fluid, so tries to get rid of it).
- Immersed to the neck, standing vertically, urine production increases by about 7X.
- Therefore, your bladder fills up quickly.
- Classes longer than 30 – 45 minutes exceed bladder capacity!
- You MUST hydrate before, during and after vertical aquatic exercise!



# Aqua Fit Facts:

The aquatic exercise intensity you experience is a result of the way you stabilize and move.

- The body gets stronger in response to doing more than it is used to doing. This is called: ***‘overload’***.
- ***Without overload, fitness improvements do not occur.***
- You might maintain your current level of fitness, but you won't progress your fitness without pushing your boundaries.
- ***Work to achieve “comfortable fatigue” not pain.***

# What does Overload Feel Like?

- **Breathing Hard** • **Muscle Fatigue** • **NOT PAIN!**





# More Aqua Fit Facts:

- To optimize overload, aqua fitness participants need to learn to ***stabilize the core***, then ***move their limbs with power, purpose, and the fullest possible range of motion***.
- Your instructor is well-trained and qualified to help you optimize your technique to achieve results.
- ***The first muscle you must engage is the one between your ears!***



# How to Modify Intensity:

## ***Surface Area Factors (SAF):***

- Hand Shapes: Slice, Fist, Flat-Fist, Flat Hand
- Lever Lengths: Long, medium, short (arms / legs)

## ***Range of Motion (ROM):***

- Larger ROM = more work done

## ***Speed of Motion (SOM):***

- Faster = Harder, but...
- Speed reduces ROM keep ROM large!

***More REPS & Less Rest Between Sets***

## **Hand Shapes:**



# Myth Busters:

- Aqua fitness is about relaxing!
- It's MY class. I paid for it. If I want to spend most of the time visiting with my friends, that's up to me.
- Our chatting is our business and doesn't affect anyone else.





# Workload: *It's up to YOU!*



**YOU generate your workload by moving powerfully with a strong stable core!**

***Your overload is created by the quality & quantity of your movement.***

***Concentration is required to stabilize your core and move appropriately to create your desired overload.***



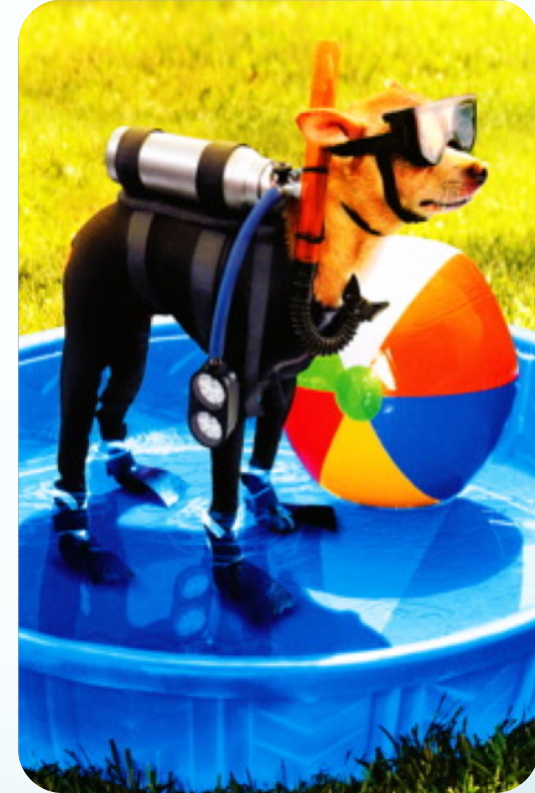
# Power

# Posture



# More Myth Busters:

- You can't injure yourself in the water.
- Aqua fitness **participants** are the best people to decide what equipment and exercises suit their classes.
- Paddling around with a **noodle under your arms** is a great way to spend your time in the pool.
- **Extra equipment** like large, buoyant aquatic dumbbells are required to achieve any real intensity in aqua fitness classes.





# How Your Instructor Helps You:



- People need to *learn* to move well... good limb movement is not possible without a stable core.
- Many people need encouragement to *maintain* good quality movement for a long enough interval to improve muscular endurance and strength.
- ***Overload is a combination of intensity and duration of movement.***

# How Your Instructor Helps You:



- **You cannot see yourself moving in the water:** Core alignment, core stability, and quality of limb movement can all be improved with coaching.
- **Your instructor is trained to help you optimize your technique** and maintain your **movement focus** to achieve the **results** you seek.

# Keys to Success:

- Focus on your alignment, technique and instructor cues (not other people).
- Your alignment is your first priority, then...
- Use powerful, BIG movements. Use long levers and bigger hand shapes.
- Maintain range of motion when you increase speed. If you decrease range, you decrease work done.
- Good limb movement is not possible without a stable core.



# Movement Modifications:

## 4 Buoyancy Options

- **Anchored:** One foot always solidly on the floor. Anchoring requires excellent core control – slower movement.
- **Unweighted:** Supported by the water, light floor contact. Requires excellent core control – very little loading of weight-bearing structures (less loading than anchored).
- **Light Bounce:** Typical movements, allowing buoyancy to cause natural ‘bounce’ in movements. More joint loading; less core control. People may have to do this until they learn other options.
- **Suspended:** No floor contact. No loading of weight-bearing structures. Requires excellent core control to maintain good vertical (or deliberately slightly inclined) alignment.
  - Requires appropriate fitting / use of ***floatation devices*** for most (“T” Test will establish flotation needs). ***Wave Rider is great!***



# How Can You Get the Best Results?



- Use powerful, **BIG** movements.
- Use **long levers** and **bigger hand shapes**.
- Maintain **range of motion** when you increase speed. If you decrease range, you decrease work done.
- ***Powerful limb movement is not possible without a stable core.***

# How Can You Get the Best Results?



- **Focus on yourself, not others:** your alignment & technique determine your workload and results!
- **Focus on your instructor's cues:** watch, listen, and give your best effort.
- **Ask questions:** *“How could I improve...?”*

# How Can You Get the Best Results?



- **Check out two free, helpful courses on line:**
  - [www.FortheLoveofFit.Thinkific.com/courses/success-tips-for-aquatic-clients](http://www.FortheLoveofFit.Thinkific.com/courses/success-tips-for-aquatic-clients)
  - [www.FortheLoveofFit.Thinkific.com/courses/the-back-whisperer](http://www.FortheLoveofFit.Thinkific.com/courses/the-back-whisperer)

# What are Your Aqua Fitness Goals? Questions?



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