

# Best Practices for AQX Deep Water Classes

Reinforce Power Posture • Stable, Vertical Core • SAF, SOM, ROM Choices • Avoid toe-pointing

AQX Deep Water Classes	Reminders / Cues / Options	Arms that Work <i>(Experiment with your ideas!)</i>
<p><b>T-Test:</b> Be sure flotation is properly used and adequate for each individual • Discourage people from ‘treading water’ the whole class without flotation, thinking they’ll work harder. People who require flotation will spend the whole class treading water, fatiguing those muscles, but not exploring the variety of functional arm / leg actions possible in a well-rounded deep water aqua fitness class.</p>		
<p><b>Narrow Ski • Wide • Hamstring • Single Leg</b></p>	<ul style="list-style-type: none"> <li>• Legs extend <b>behind hip</b> as far as in front</li> <li>• <b>Hamstring ski:</b> knee flexes during back leg extension • More challenging when moving backward</li> </ul>	<ul style="list-style-type: none"> <li>• Ski arms: Alternate, unison, or single</li> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Swivel arms: Unison, alternate, single, in any plane</li> </ul>
<p><b>Swivel Ski</b></p>	<ul style="list-style-type: none"> <li>• Legs cross mid-line front and back</li> <li>• Extend <b>behind hip</b> as far as in front</li> <li>• Transition from wide ski, add swivel arms, then swivel ski option</li> </ul>	<ul style="list-style-type: none"> <li>• Swivel arms: Unison, alternate, single, in any plane</li> <li>• Can use arms to generate travel: laterally, backward, forward....this is a very powerful, challenging exercise</li> </ul>
<p><b>Ski Stop • Diagonal Ski Stop</b></p>	<ul style="list-style-type: none"> <li>• Full hip ROM forward/backward</li> <li>• Legs extend <b>behind hip</b> as far as in front</li> <li>• Diagonal: try alternating or repeater</li> </ul>	<ul style="list-style-type: none"> <li>• Ski arms: Alternate, unison, or single <i>(add stop with legs for all arm options)</i></li> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Swivel arms: Unison, alternate, single, in any plane</li> </ul>
<p><b>Kneeling Ski</b></p>	<p>Full ROM forward/backward • Legs extend <b>behind hip</b> as far as in front</p> <p>Great option for suspended work in shoulder-deep water (with flotation)</p>	<ul style="list-style-type: none"> <li>• Ski arms: Alternate, unison, or single (long or short levers)</li> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Swivel arms: Unison, alternate, single, in any plane</li> </ul>
<p><b>Heels Up: N W • Alternate, Unison, Repeater</b></p>	<ul style="list-style-type: none"> <li>• “Ham curl”: hips are NOT flexed</li> <li>• Knees point straight down as heels come up</li> <li>• More challenging when moving backward</li> </ul>	<ul style="list-style-type: none"> <li>• Marching arms: Alternate, unison, or single</li> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Swivel arms: Unison, alternate, single, in any plane</li> </ul>

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<p><b>Jacks • X Jacks • Kneeling Jacks • Tripod Jacks</b> (feet together, knees move in and out)</p>	<ul style="list-style-type: none"> <li>• Legs abduct / adduct equally</li> <li>• X-jacks: legs cross the mid-line on adduction</li> <li>• Kneeling / Tripod: knees point straight downward, with no hip flexion</li> </ul>	<ul style="list-style-type: none"> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Ski arms: Alternate, unison, or single • Long or short levers</li> <li>• Bi-tri curls: Unison, alternate, single, can generate travel</li> <li>• Punching arms: forward, X forward, lateral, posterior</li> <li>• MANY arms are possible: get in the water and experiment!</li> </ul>
<p><b>Single leg Jack</b></p>	<ul style="list-style-type: none"> <li>• One leg bent at the knee • Other leg long</li> <li>• Change sides after X repetitions</li> <li>• No hip flexion on either leg</li> <li>• Maintain full, symmetrical ROM at hip</li> </ul>	<ul style="list-style-type: none"> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Ski arms: Alternate, unison, or single • Long or short levers</li> <li>• Swivel arms: Unison, alternate, single, can generate travel</li> </ul>
<p><b>Swivel</b></p>	<ul style="list-style-type: none"> <li>• Power Posture</li> <li>• No flexion at the hips or knees</li> <li>• Rotation happens at the shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• Swivel arms: Unison, alternate, single, in any plane</li> <li>• Can use arms to generate travel: laterally, backward, forward</li> </ul>
<p><b>Kneeling Swivel</b></p>	<ul style="list-style-type: none"> <li>• Knees flexed (90°), pointing straight downward</li> <li>• No flexion at the hip</li> <li>• Rotation happens at the shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• Swivel arms: Unison, alternate, single, in any plane</li> <li>• Can use arms to generate travel: laterally, backward, forward....this is a powerful, challenging exercise</li> </ul>
<p><b>March: N W X • Unison (tucks) • Ankle Up</b></p>	<ul style="list-style-type: none"> <li>• Emphasize hip <b>extension</b>: push <b>downward</b> rather than pulling knees up</li> <li>• Use hip flexion movements sparingly</li> <li>• Balance usage with hip extension movements like all types of ski</li> </ul>	<ul style="list-style-type: none"> <li>• Marching arms: Unison, alternate, single, in any plane</li> <li>• Jack arms: Unison, alternate, or single, any plane</li> <li>• Bi-tri curls: Unison, alternate, single, can generate travel</li> <li>• Punching arms: forward, X forward, lateral, posterior</li> <li>• MANY arms are possible: get in the water and experiment!</li> </ul>