

SCW
MANIA®
 Fitness Pro Conventions




scwfit.com/MANIA

MANIA® Attendee Exclusive Content



Session & Cert Evaluations Outlines & Handouts MANIA® Schedule

Get Your CECs
Short MANIA Survey

Expo Coupons & Discounts

scwfit.com/attendee

#SCWMANIA
@SCWfitness



facebook.com/scwfitness
 twitter.com/scwfitness
 instagram.com/scwmania

20% OFF!
 \$6.58/Month or \$79/year
 (Norm. \$8.25 month or \$99/year)
USE CODE: MANIA20

500+
Educational Videos

70+
Leading Presenters

20+
Fitness & Health Topics Available

SCW
On Demand



scwfit.com/OnDemand

SCW
CERTIFICATIONS
35+ NATIONALLY RECOGNIZED. ONLINE + LIVE.

FREE LIVE COURSE included with every Online Certification within 1 year

scwfit.com/certifications

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE® ACE® NRETT T AEA NFPT®

CEC VIDEO
SCW FITNESS

ONLINE CEC VIDEOS
 Earn CECs in the comfort and convenience of your home!



140+ More Videos

scwfit.com/CECS

In this live workout and lecture filmed at MANIA®, Chris Henry presents a demanding and engaging aquatic routine that is catered to the new aqua audience. As aquatic exercise begins to shift towards becoming a 'younger' form of exercise, Chris Henry takes the principles of HIIT and transforms it into his version of H.E.A.T Waves

H.E.A.T stands for High Energy Aquatic Training. HEAT takes a similar ideology to HIIT and applies the principles of HIIT to the water. On land, HIIT stands for High Intensity Interval Training. HIIT is based on the foundation that people will work out for a high intensity for a short interval, rest for a certain period of time, and then work out for a high interval again. The entire workout will last approximately 20-40 minutes.

The main problem with HIIT is that it is stressful on joints and many older participants cannot effectively use HIIT workouts in their routines. As a person ages, the muscle fiber that people lose the quickest is the fast twitch muscle fiber. This type of muscle fiber is used in HIIT techniques since the fiber is used in powerful bursts of movement including weightlifting and sprinting.

H.E.A.T is an effective routine that provides adults with high intensity training that is not stressful on a person's joints. Aquatic exercise has traditionally been composed of senior women, but adults are now looking for a form of exercise that is intense but does not leave you in pain for multiple days. Aqua instructors are now crafting routines for adults who have not traditionally engaged with aquatic exercise.

Adult participants are not looking for a slow choreographed routine in the pool; they want something that is fun, engaging, and social. When an aqua instructor is creating a high intensity aquatic exercise routine, they should consider AFAA's main questions for aqua instructors. First, the exercise has to have a specific purpose. The instructor should then consider who is the appropriate audience for this new choreography. Lastly, the instructor should consider if they are performing the exercise correctly with proper form and technique.

For H.E.A.T, an instructor would create a high-intensity routine for adults who want to exercise intensely without the joint pain of land exercise. The most common demographic for this group is people who are between 40 and 65 years of age. H.E.A.T can enhance a person's strength and cardiovascular levels at a similar rate of HIIT exercise.

New aqua routines do not have to be revolutionary. Watch a variety of aquatic exercise videos and take 5-10% of an instructor's routine and make it into your own. For instructors, imitation is the sincerest form of flattery. Do not be afraid to ask an instructor how they brainstormed their routine; get ideas from the large aqua community that already exists.

Many aqua exercisers come to class sessions to stay engaged with a group of like-minded people. In order to keep an aqua class engaged the instructor should change up the tempo, cadence, and rhythm of the moves that are performed in class. For example, the tempo of an aqua routine should be at a mixture of water and land tempo. Varying a tempo can keep the 'robotic' moves out of an exercise routine. Combining two moves, such as the pendulum and the rocking horse, can create an engaging rhythm for everyone at the pool.

Another recommended method to create an engaging environment in your pool is by having participants travel throughout the pool. Many people treat aqua exercise like a yoga session and

want to own the space that they have in the pool. Aqua exercise should be engaging and social; there should be no space that a single person claims. During an exercise have people travel to their right and left to help change up a choreographed routine without making it too challenging.

Cater to the individual as much as possible to increase aqua engagement. Many participants need both audio and visual cues to effect people are either audio or visual learners. Aqua instructors should use an audio and visual cue to start off a routine. Routines should not feel robotic for either instructors or participants. One of the most important assets for an aqua instructor is having a great personality. Participants differentiate exercise instructors by their personality; if you are upbeat and engaging then people will want to choose your fun and social aqua group.

If you would like to watch Chris Henry's lecture and aquatic exercise routine, you can access his lecture and more at www.SCWFIT.com/OnDemand. If you want to attend a live lecture by Chris or hundreds of other exercise physiologists, find a MANIA® convention near you at <http://scwfit.com/mania/>. Create new aquatic choreography that is both engaging and demanding with Chris Henry's H.E.A.T Waves!

Chris is a WATERinMOTION® Champion and Master Trainer. Chris has been featured in countless videos and is known for his leadership skills and creative abilities. He has worked at ACAC Fitness and Wellness Centers for 10 years and managed a team of 75 Group Exercise and Fitness Instructors at their Midlothian, VA, facility. During this time, Chris received ACAC's Lifetime Achievement Award, Leadership Person of the Year and Service Provider of the Year awards. Chris is certified by AEA and AFAA and is an ACE-certified Personal Trainer and a certified BODYFLOW® Instructor through Les Mills.