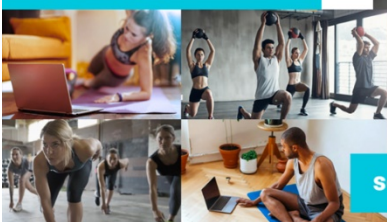
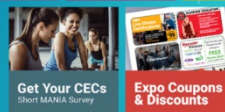


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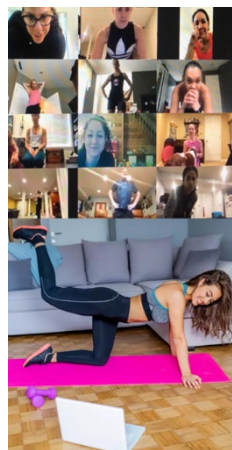
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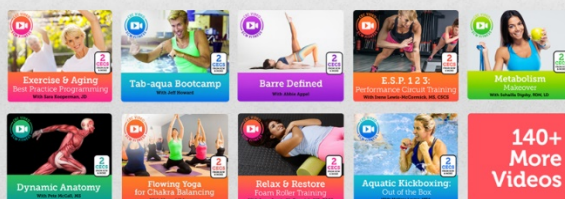
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In this live lecture and exercise session filmed at Dallas MANIA®, Lawrence Biscontini, MA, Jeff Howard, Yury Rockit, and Manuel Velazquez present an effective aquatic exercise that can be performed in any pool. Many exercise professionals believe that aquatic exercises require lots of equipment and should be tailored to individuals. In 'It's Raining Men', these group of male exercise physiologists will show you that aquatic exercises can be fun and do not require any equipment to be effective.

Aquatic exercise and general water aerobics improves a person's muscular strength, balance, flexibility of joints, and relaxes sore muscles. Low intensity aqua exercises are very beneficial for active aging adults between 50 and 70 years old because these exercises are effective and do not hurt a person's joints. Aqua exercise is still effective for any person looking for an intense and low-stress workout.

During aquatic exercises, the body uses two different planes to work on specific muscle groups. The body's sagittal plane, also known as the longitudinal plane, divides the body into a left side and a right side. The body's transverse plane, also known as the vertical plane, divides the body into front and back sides.

The sagittal plane utilizes the strength of our muscles to move parts of the body forward or backward. One example of an exercise that uses the body's sagittal plane is a soccer kick. When you kick out your leg, you are using one side of your body and extending one leg forward. Once you are done performing the exercise on one side, you must perform the exercise on the other side of your body to ensure muscular balance. Full-body exercises also help ensure that you are maintaining proper muscular balance. Other examples of exercises that utilize the sagittal plane include leg curls, bicep curls, and leg extensions.

The body's transverse plane is less commonly used during exercises. The transverse plane includes rotational movements. During an aquatic exercise, golf swings are an effective tool to utilize the transverse plane to effectively build adductor and hip muscles. On land, hitting a tennis ball, swinging a baseball bat, and swinging a hammer are all examples of using your body's transverse plane.

Fitness professionals struggle to form effective group dynamics during aquatic exercises. During an effective aquatic exercise session, participants should work together during exercise. Teachers should create positive group dynamics to socialize class participants. In order to do this, you should have participants move front-and-back in the pool. You should allow participants to choose their own intensities and levels so nobody feels isolated from the workout.

One example to socialize an aquatic exercise group would be to have participants create 'raining-like experiences' to splash their neighbors and splash their instructors. This experience helps participants socialize with each other during water exercise and is also an effective arm workout.

Flexibility can be enhanced in the water. Flexibility exercises in the water are effective at the end of an aquatic exercise session. Water provides resistance to movements and helps improve a person's balance, both of which are important assets of flexibility training.

One example of an effective water exercise would be water jogs performed at 'land tempo'. During a water jog, you should keep your belly out of the water to engage your core muscles. You should perform the exercise as if you were on land, since land tempo helps increase a

person's body heat, increases muscle engagement, and increases core stability. Exercises that are performed at 'land tempo' in the water help improve a person's strength without requiring the strain of land-based exercises.

If you would like to listen to It's Raining Men, you can watch the lecture/presentation and more at [www.SCWFIT.com/OnDemand](http://www.SCWFIT.com/OnDemand). If you want to attend a live lecture by hundreds of other exercise physiologists, find a MANIA® convention near you at <http://scwfit.com/mania/>. Create an effective aquatic group exercise session with It's Raining Men!

Jeff is a world-renowned fitness presenter who has lived in South Africa, Puerto Rico and the United States. As part of the SCW Faculty, he has starred in numerous SCW Fitness videos and has educated fitness professionals at conventions worldwide for over a decade. Jeff trained countless celebrities as the pioneer instructor at the Golden Door Spa and has appeared on several national TV shows. Jeff is currently the Promotional Director of Fitness for Milestone Baptist East.

Yury Rockit exudes fitness versatility as a land and aqua certified group fitness instructor, personal trainer, mindful movement and meditation specialist, certified life coach and a world-renown continuing education provider. Yury won the SCW Instructor of the Year Award for 2016 and has appeared in internationally selling instructor training videos for specialty groups including active aging and the workout series for NBC's "The Biggest Loser." Yury is CEO and owner of Ki Mind Body Studio in Hanoi, Vietnam.

Manuel Velazquez is a proud Faculty Member for SCW Fitness Education, while being a valued trainer for Hydro-Fit, Bosu, Tabata Bootcamp and Barre Above. He is a WATERinMOTION® National Trainer and a recipient ECA-NYC OBOW All-Around International Presenter of the Year award and has been presenting at fitness conferences worldwide for over two decades. Manuel is a continuing education faculty for SCW, ACE, AFAA, ACSM, AEA, and WATERinMOTION®, and stars in over 50 Fitness Instructor Training Videos. He is an AFAA Team Pro and Examiner, and is a Lead Instructor at the Golden Door Spa in Puerto Rico and is RYT-200 Yoga certified.

Lawrence Biscontini is an SCW Faculty Member, Presenter and Mindful Movement Specialist who has won multiple industry-recognized awards. He is currently on the Advisory Board for the International Council on Active Aging (ICAA), and he is the Senior Consultant for Power Music. Lawrence has been a part of the BOSU Developmental Team and is currently a Registered Yoga Alliance Teacher and Contributing Author to industry magazines for ACE and AFAA's American Fitness. His newest book is "Stories of Color", which is a fictional book supporting his charity and scholarships. Find Lawrence at [www.findlawrence.com](http://www.findlawrence.com).