

The background features a pattern of black-outlined hexagons of varying sizes. Some hexagons are solid, while others are partially obscured by thin, curved lines that intersect across the page. The overall effect is a geometric, abstract design.

Mix-Match Aqua Moves to the Max

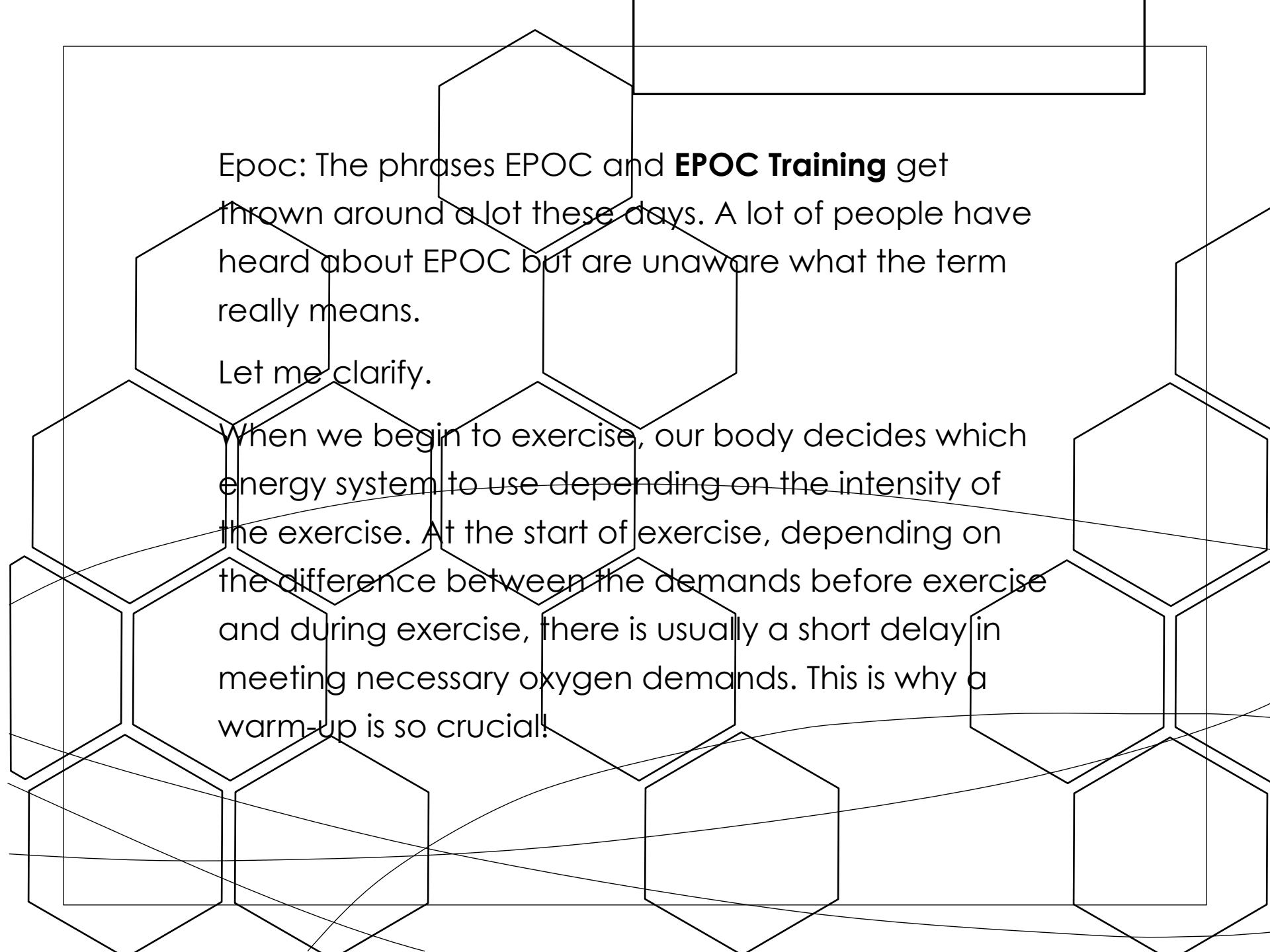
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MIX-MATCH AQUA MOVES TO THE MAX

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- Introduction:
- Who is this class for?
- How it was developed:
- Benefits:
- Training Goal: Develop and improve the production of muscle force and power.
- Fat burning:
- THINK OUTSIDE THE BOX
- USING THE DIFFERENT PLANES
- LARGE MUSCLES AND WHY

The background features a repeating pattern of white hexagons on a black background. A large, thin white rectangle is positioned in the upper left, partially overlapping the hexagonal pattern. The text is centered within this rectangle.

Epoc: The phrases EPOC and **EPOC Training** get thrown around a lot these days. A lot of people have heard about EPOC but are unaware what the term really means.

Let me clarify.

When we begin to exercise, our body decides which energy system to use depending on the intensity of the exercise. At the start of exercise, depending on the difference between the demands before exercise and during exercise, there is usually a short delay in meeting necessary oxygen demands. This is why a warm-up is so crucial!

What Are Plyometric?

Plyometrics is a type of training that involves fast, explosive movements. This type of exercise is often done by athletes to help improve power output and sports performance. Aqua plyometrics is simply doing the exercises in a pool that are normally done on land.

Aqua Plyometrics

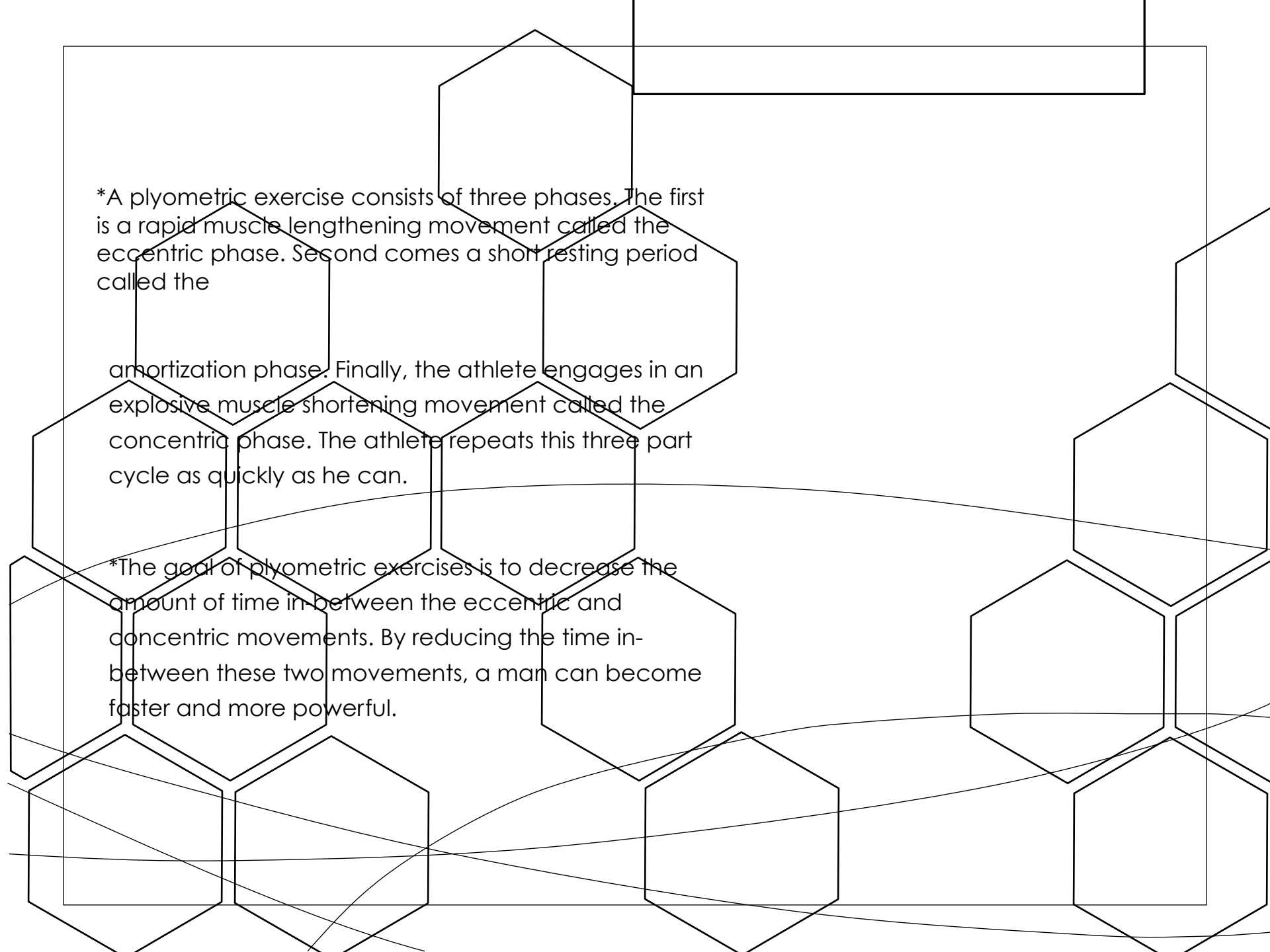
The advantage of doing plyometric exercises in the pool is a big one -- your risk of injury and post-workout soreness is substantially reduced, according to researchers at Ohio State and Appalachian State universities. Yet water plyometrics produces similar benefits as land plyometrics. In the Ohio State study, one group of athletic women did plyometric exercises in the water, and another group did exercises on land. Muscle strength and mass increased for both groups. The water group also did as well as the land group when their improvement was measured on skill tests such as vertical jumps or 40-meter sprints.

Standard Exercises

Water plyometrics use many of the same exercises as land plyometrics. Standard exercises include combinations of hopping, bounding and jumping on and off a pool step. In water up to your chest, for example, you can start with your feet together and jump forward and backward, raising your knees as if you were jumping over a large log.

Plyometrics for the Masses

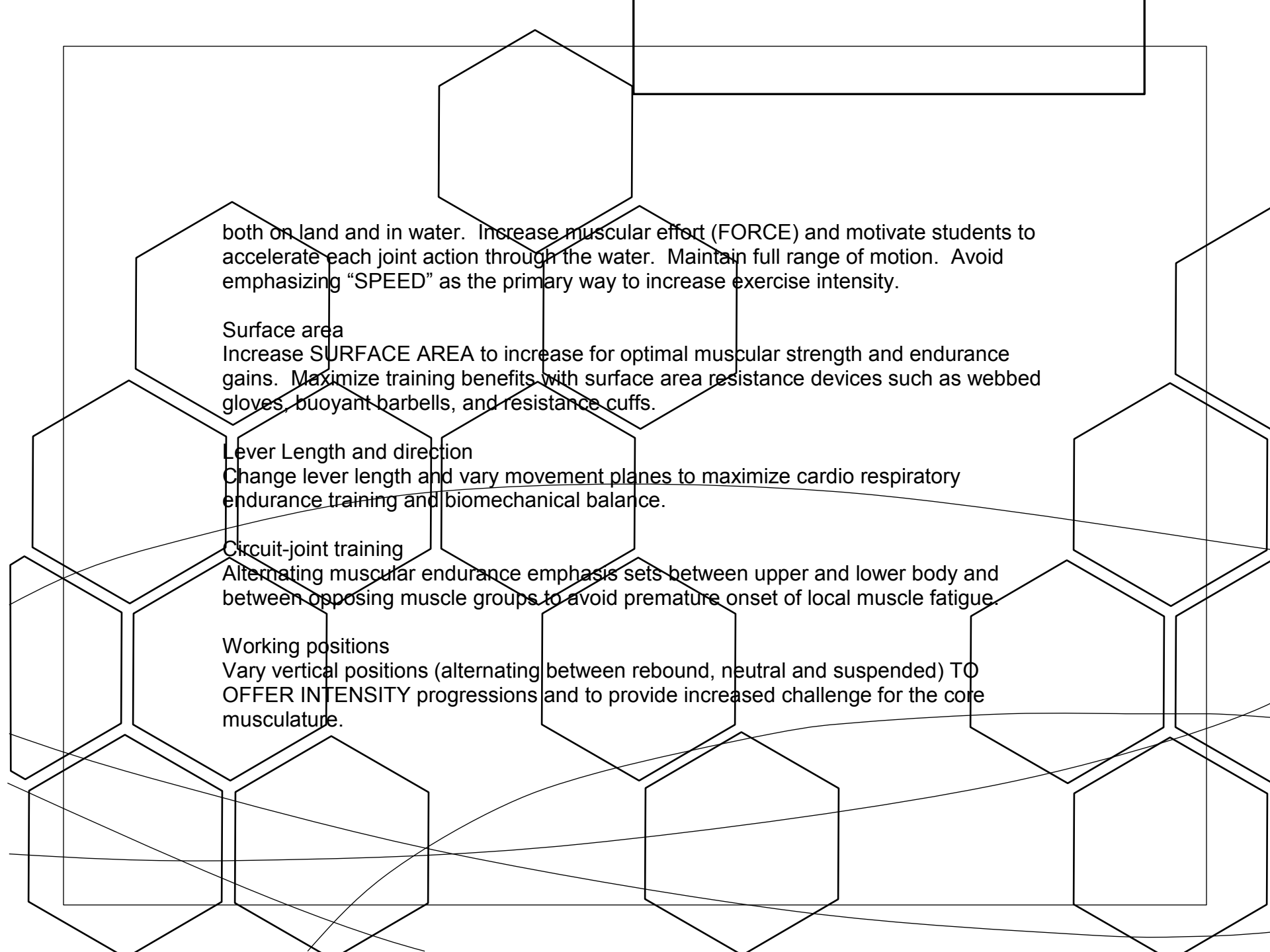
Plyometrics on land is recommended for people who already have achieved a decent level of fitness -- otherwise the risk of injury is too great. But those who are less fit can utilize plyometrics in the pool, since the water greatly lessens the impact on their joints. Some exercises that are appropriate for plyometric beginners include jumping jacks and jumping from side to side as if you were jumping over moguls in the snow.



*A plyometric exercise consists of three phases. The first is a rapid muscle lengthening movement called the eccentric phase. Second comes a short resting period called the

amortization phase. Finally, the athlete engages in an explosive muscle shortening movement called the concentric phase. The athlete repeats this three part cycle as quickly as he can.

*The goal of plyometric exercises is to decrease the amount of time in-between the eccentric and concentric movements. By reducing the time in-between these two movements, a man can become faster and more powerful.



both on land and in water. Increase muscular effort (FORCE) and motivate students to accelerate each joint action through the water. Maintain full range of motion. Avoid emphasizing “SPEED” as the primary way to increase exercise intensity.

Surface area

Increase SURFACE AREA to increase for optimal muscular strength and endurance gains. Maximize training benefits with surface area resistance devices such as webbed gloves, buoyant barbells, and resistance cuffs.

Lever Length and direction

Change lever length and vary movement planes to maximize cardio respiratory endurance training and biomechanical balance.

Circuit-joint training

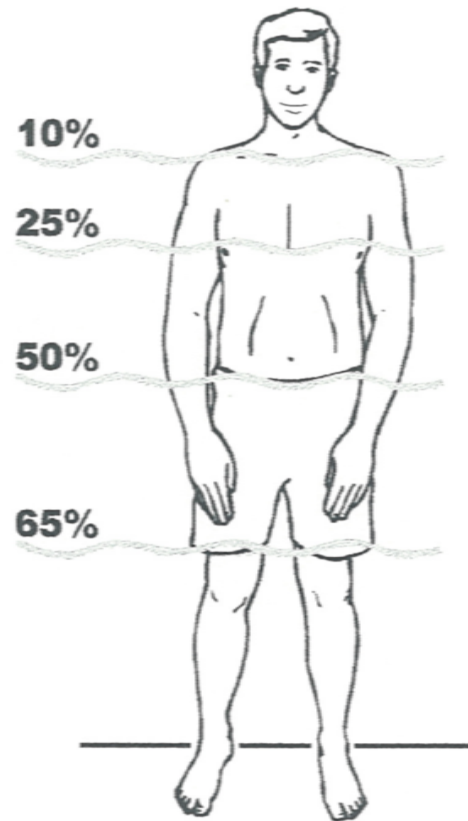
Alternating muscular endurance emphasis sets between upper and lower body and between opposing muscle groups to avoid premature onset of local muscle fatigue.

Working positions

Vary vertical positions (alternating between rebound, neutral and suspended) TO OFFER INTENSITY progressions and to provide increased challenge for the core musculature.

Weight Bearing Effect of Immersion

The amount of your body's weight which you support is reduced in water. When standing your weight bearing drops as water deepens, as shown in diagram below:



Squat Jumps

Squat jumps are a common plyometric exercise used in basketball training. Stand in the pool with your feet shoulder-width apart. Lower your body down until your knees are bent 90 degrees and jump up as high as you can. Extend your arms above your head, land back on your feet and repeat.

Tuck Jumps

Tuck jumps are similar to squat jumps with a few variations. Stand with your feet shoulder-width apart and place your hands on the sides of your head. Squat down slightly and burst up in the air. As you do this, tuck your knees into your chest. Land back on your feet and repeat. You can also do this in motion by jumping forward with each rep.

Leaping Lunges

Leaping lunges are an exercise that is performed in a split stance. Stand with your right foot in front of you and your left foot behind you. Lower your body down until your right thigh is parallel with the bottom of the pool and your left knee is an inch above it. Explosively jump in the air and switch your foot position so your left leg is now in front and your right leg is behind you. Do another lunge and repeat.

Bounding

Bounding is a type of exaggerated running. Take a few paces forward in the pool to get momentum then leap off your right foot. Land on your left, leap up again and land on your right. Keep taking long strides like this through the water. Every time you push off, try to get as high and as far as you can before you land with the other foot.

Single Leg Hops

Single leg hops are not only good for power output, but they also help improve balance. Stand on your right foot and curl your left lower leg behind you. Hop laterally to your right as far as you can, then hop to your left laterally as far as you can. Go back and forth for a series of reps, then s

Hydro Evolution CHEAT SHEET

WARM-UP

SQUAT /SQUAT FACE LEFT/SQUAT/SQUAT
FACE RIGHT

8 COUNT REDUCES TO 4 REDUCED TO 2
REDUCED TO ONE

PUSH LEFT PUSH RIGHT, PENDULUM

HOLD LEFT JUMP KICKS

PLYO JUMPS ONE LEG

HOLD KICK RAPID FOR 30 COUNT

REPEAT RIGHT


KICK FRONT ALTERNATING LEGS

HOLD LEFT JUMP LEG EXTENDED

PLYO JUMPS

HOLD KICK RAPID FOR 30 COUNT

REPEAT LEFT



KICK BACK ALTERNATING LEGS
SAME AS ABOVE
REPEAT RIGHT
KICK FRONT ALTERNATING LEGS 8COUNT
KICK BACK ALTERNATING LEGS
REDUCE 4
REDUCE 2
JOG TOUCH INSIDE OF FOOT, SWITCH TO
OUTSIDE FOOT, THEN 8-4-2
SQUAT LUNGE SQUAT LUNGE (TWIST THE
DIRECTION YOUR BODY STAYS IN ONE
PLACE) 8-4-2
RAPID BODY
PUSH WATER AWAY/ PULL WATER TOO
YOU

PUSH WATER RIGHT SIDE /PULL WATER TO
YOU

PUSH WATER LEFT SIDE/ PULL WATER TO
YOU

PUSH WATER LIKE A SPRINKLER ALL
DIRECTIONS THEN PULL
RAPID CHEST PRESS TOP WATER 8 THEN
TO THE BOTTOM 8 THE 4 THEN 2

CHEST FLY SAME AS ABOVE
TRICEPS RAPID ONE ARM AT A TIME THE
TOGETHER

BICEPS ONE ARM THE BOTH
JUMP OVER THE LINE FRONT BACK
TEMPO

“
PLY
“

“BIG

“- NO

TOUCH

JUMP LEFT RIGHT SAME AS ABOVE

JUMP TWIST SAME AS ABOVE