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Fitness Pro Conventions



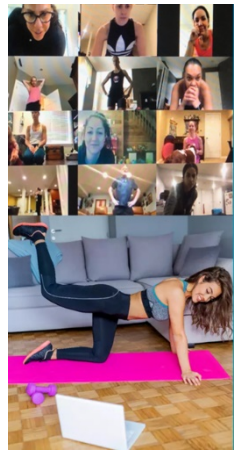
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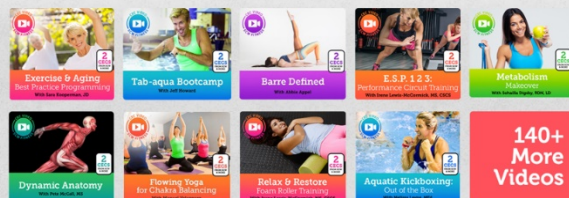
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- 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



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AEO
AQUA FITNESS ONLINE

ROUTINE REVOLUTION
DOM GILI & CLAIRE BARKER-HEMINGS

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MAJOR BENEFITS OF AQUA FITNESS WORKOUTS

PLUS...

- Muscle balance
- Improves balance & coordination
- Helps bone density
- Social interaction & enjoyment

IMPROVED HEART FUNCTION
IMPROVED LUNG FUNCTION
INCREASED STRENGTH AND STABILITY
IMPROVED POSTURE & ALIGNMENT

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AEO
AQUA FITNESS ONLINE

WORKOUT VARIATIONS

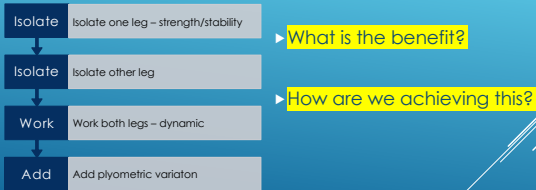
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MANY VARIATIONS TO CHOOSE FROM....

- ▶ Tempo changes
- ▶ Range of motion
- ▶ Lever length
- ▶ Work non typical arm patterns
- ▶ Impact levels
- ▶ Body Position
- ▶ Unilateral/bilateral arms
- ▶ Symmetrical/asymmetrical
- ▶ Travel - different directions
- ▶ Quarter/half/whole turns
- ▶ Rhythm Changes
- ▶ Planes of movement
- ▶ Feet positions
- ▶ Hand positions
- ▶ Feet contact on floor
- ▶ Use of equipment
- ▶ Use of wall

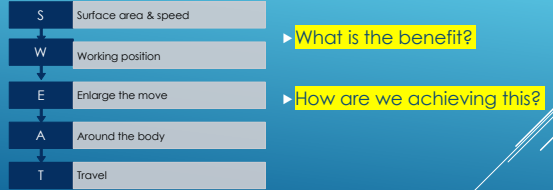
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WORKOUT FORMULA #1



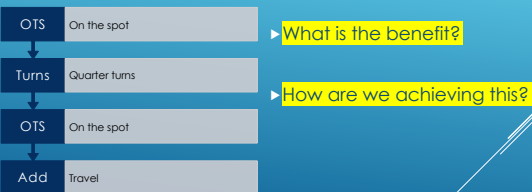
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WORKOUT FORMULA #2



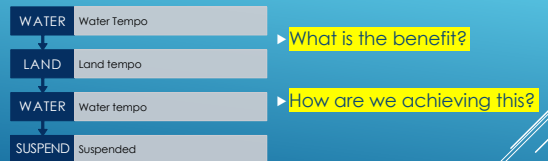
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WORKOUT FORMULA #3



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WORKOUT FORMULA #4



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WORKOUT FORMULA #5

SAGITAL	Sagital Plane - front	▶ What is the benefit?
FRONTAL	Frontal Plane	▶ How are we achieving this?
SAGITAL	Sagital plane - back	
TRANSVERSE	Transverse plane	


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WORKOUT FORMULA #6

4 LIMBS	2 arms, 2 legs	▶ What is the benefit?
3 LIMBS	1 arm, 2 legs	▶ How are we achieving this?
2 LIMBS	1 arm, 1 leg	
1 LIMB	1 leg	
REPEAT	Repeat with other side	
REPEAT	Repeat to finish with 1 arm	

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AQUA FITNESS ONLINE

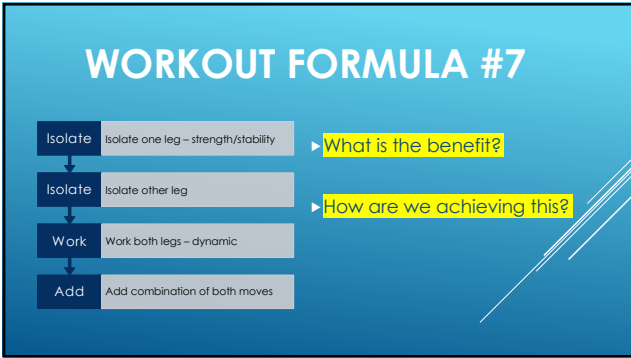
WORKOUT COMBINATIONS

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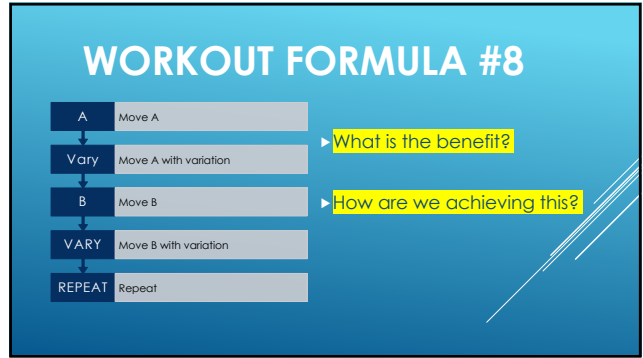
MANY MOVEMENTS TO CHOOSE FROM...

<p>ALTERNATE FEET</p> <ul style="list-style-type: none"> > Jog > Rocking horse > Kicks > Leg Curls > Ankle reach > Pendulum > Mambo 	<p>BOTH FEET (Jump)</p> <ul style="list-style-type: none"> > Jumping Jacks > Cross country ski > Moguls > Twist > Plyo jumps 	<p>ONE FOOT (Hop)</p> <ul style="list-style-type: none"> > Hops > Knee swings > Kick swings > Cancan > Repeaters
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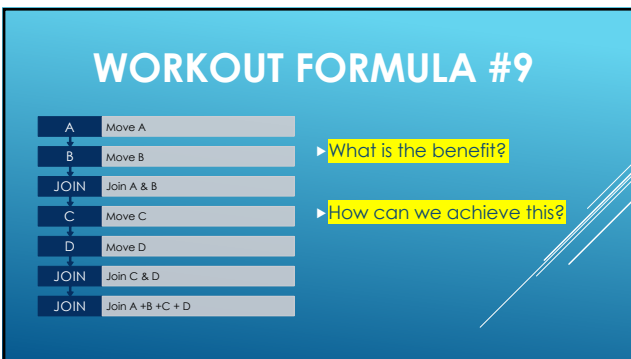
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SAMPLE CLASS PLAN

BASE MOVE	Variation 1	Variation 2	Variation 3	Workout outcome
XCS	Change Arms to transverse	Change body to suspend	Travel suspended on side	Cardio strength
JAX	Change arms to shoulder flexion	Change to straddle to tuck	Travel suspended seated position	Cardio
JOG	Arms to breaststroke	Add travel forward	Add Travel backward keep arms the same	Cardio
FRONT KICKS	Stop using arms	Neutral cossack kicks no arms	Neutral double front kick	Strength

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