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Created by Cheri Kulp





# WATERinMOTION® Strength

Newest addition to the  
WATERinMOTION® exercise program

Athletes, cross-training participants, and  
those individuals looking to improve their  
muscular endurance and power

Can be adapted for most of our exercisers

Focus on strength training in the water  
that will involve higher repetitions and  
short recoveries

Use of aqua dumbbells during Aqua  
Exercise





## What is Strength Training?

- Any type of physical exercise specializing in the use of resistance to induce muscular contraction against an external force which builds strength, anaerobic endurance, size of skeletal muscles and bone density.



# Types of Muscle Contractions

**Isometric:** muscular action where tension is developed without a change in the joint angle

**Concentric:** muscular action where tension is developed as the muscle shortens and the angle of the moving joint lessens

**Eccentric:** muscular action where tension is developed as the muscle lengthens and the angle of the moving joint increases

**Note:** All types of contractions that occur in the water will primarily be concentric due to the resistance of water.

- Exceptions: external weighted equipment & rebounding




# Benefits of Strength Training

ACSM guidelines:

- 2x/week: non-consecutive days
  - 8/10 Perceived Rate of Exertion (PRE)
- 
- Muscular strength, endurance, and power
  - Bone, muscle, and connective tissue growth and durability
  - Communication between brain and muscle
  - Blood glucose regulation
  - Increase in growth hormones
  - Improved aerobic fitness







# Can help manage many conditions

**Every participant must be reminded to consult  
their physician to ensure the WATERinMOTION®  
Strength program is appropriate for them.**

Arthritis

Cancer

Cardiovascular disease

Depression

Dementia

Fall risk

Frailty

Low back pain

Osteoporosis

Obesity

Stroke

Insomnia





## Program Design

- 45-minute class format
- 8 tracks
- 3 Moves x 3
- 3Ms = Move, Muscle & Motivation



# Program Structure

1. **Warmup** –large, simple cardio moves to gradually prepare the body and mind for what’s to come.
2. **Lower Body 1** -increase range of motion, slowly elevate the heart rate, and introduce aqua dumbbells
3. **Upper Body 1** -shift the focus to upper body muscles with exercises e that include rebound, neutral, or flotation.
4. **Core 1**- abdominal muscles and back
5. **Lower Body 2** -increase the heart rate and core temperature again with creative use of the aqua dumbbells.
6. **Upper Body 2** -back, biceps, triceps, chest, and shoulders, using one or both aqua dumbbells.
7. **Core 2** –Another opportunity to focus on functional stability and mobility, we tone and strengthen our middle section with exercises you never imagined could do the job so effectively and creatively.
8. **Flexibility** -a celebration of our efforts while focusing on mobility and flexibility.






## Equipment: Aqua Dumbbells

- Padded plastic and foam
- Light weight in air
- Buoyant in the water
- Light/Medium/Heavy
- One size does not fit all
- Requires education







## Aqua Dumbbells versatility and usage

Resistance changes based on size and velocity of movement

- Drag
- Buoyancy (consider more shallow water for more control)
  - Can be used for:
    - Resistance
    - Flotation
    - Stabilizer/de-stabilizer
- For your Safety they are NOT to be considered a Personal Flotation device



# Safety Considerations

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- Maintain proper posture
- Emphasize shoulder girdle stabilization
- Chest deep water, or slightly more shallow
- Keep Aqua Dumbbells under the water
- Move with control
- Built in breaks for hands, wrists, shoulders
- Remember NOT at PFD





# Music and Movement

- BPMs 128-140
- Sharp athletic and Powerful movements to achieve muscle fatigue
- Use of Full ROM
- Movement patterns straight forward with simple directional changes and travel
- Stimulate slow and fast twitch muscle fibers







## Perceived Rate of Exertion (PRE) to create Muscle Fatigue

### PRE (Perceived Rate of Exertion)

- Tracks 2-7
- PRE between 6 – 8
- Encourage effort to reach fatigue, not exhaustion
- Increase efforts slowly
- Improvements over time



# S.A.I.D. Principle

Specific  
Adaptation to  
Imposed  
Demands

“Our body will get better at exactly  
what we practice.”







## The Do's of Aqua Strength Training

- Choose an aqua dumbbell with soft, durable material that allows room for fingers to remain more open (padded handles)
- Position the body so that the water level is at the nipple line or below. This is important to prevent undue shoulder fatigue.
- Cue exercisers to increase velocity and ROM over a period of time as they become more comfortable with the aqua dumbbells
- Cue exercisers to keep aqua dumbbells under the water during periods of exertion to minimize risk of shoulder injury



## DO's continued . . .

- Use your creativity and cueing methods to allow participants opportunities to relax shoulders, hands, and wrists
- Make sure to ask each class about any injuries or recent surgeries, particularly to the shoulder area, and offer options (no equipment or water webs) and seek advice from their physician.
- Make sure to educate exercisers to the proper depth (where they can keep shoulders retracted) and size of aqua dumbbell when choices are available.

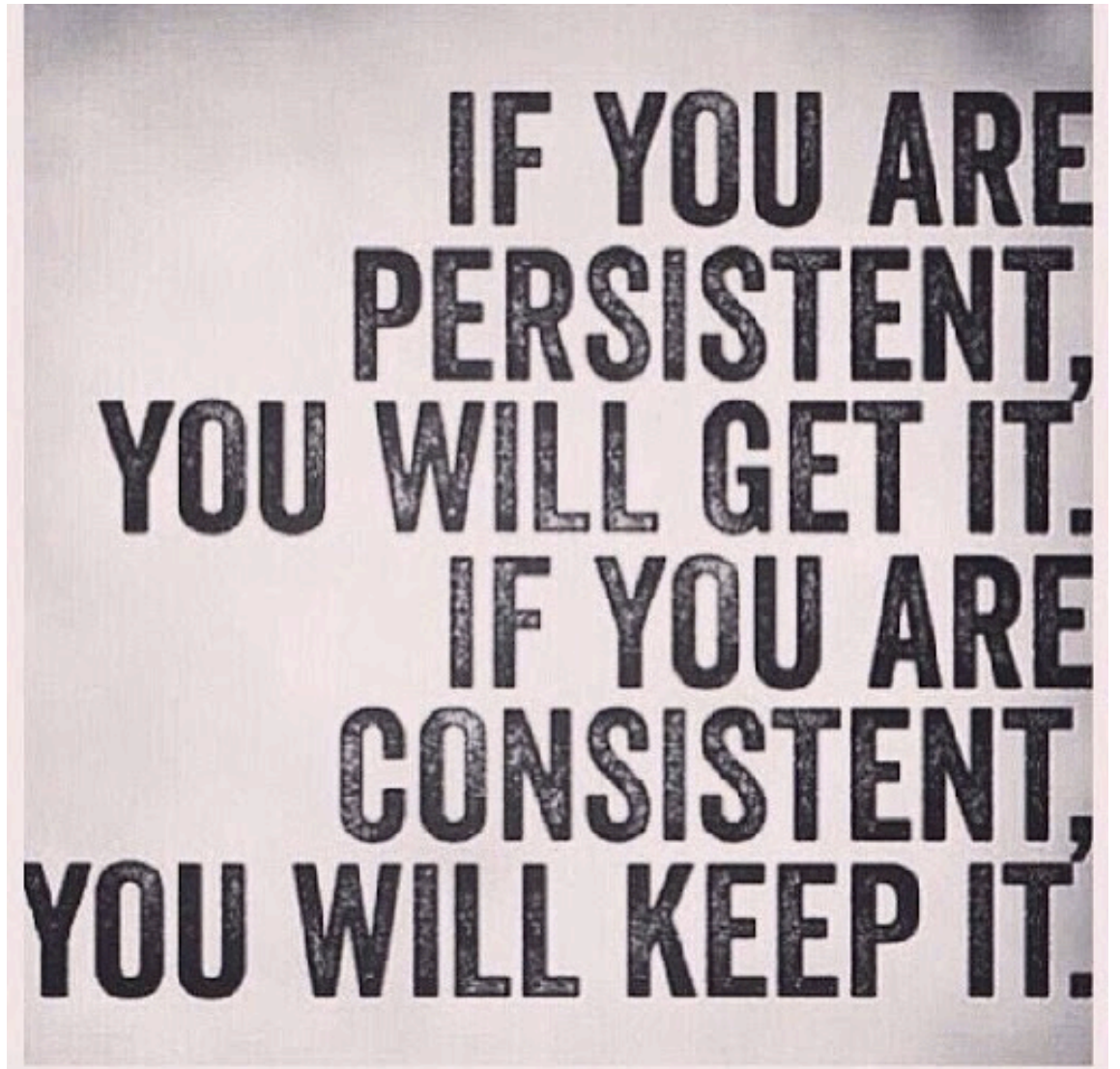




# Summary

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- WATERinMOTION Strength® brings you simple, but very challenging moves that are set to motivating music every quarter that will keep your workouts fresh, allow for new workout experiences, grow your classes, and keep your regular participants coming back for more!





1	Warm-Up	Shake Your Groove Thing
I	Jump (teach rebound)	
V	JOG: Jog x16, Run x32	
C	JOG HEEL: Jog heel x16, Run heel x32	
B	JACK: JJ x8, Fast JJ x16	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Lower Body 1	Believer
I	Flick Kick, ADBs at sides	
V	FLICK KICK: ALT flick kicks x32	
B	KICKSTANDS: GRD hamstring curl x16, Punch	
C	SLIDING JACK: GRD Jack x1, fast jack x2	
F	Land wide	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

3	Upper Body 1	True Feeling
I	ADBs in hands, wide stance	
V	CHEST PRESS: Both arms, single arm x8	
B	BOW & ARROW JACKS Neutral JJ, elbow strike x8, R/L	
C	PIKE & BACKSTROKE: Pike TVL B x4, ¼ R	
F	Stand tall	
V1	B1 C1 V2 B2 C2 V3 B3 C3	

4	Core 1	Your Love Keeps Lifting Me Higher
I	ADBs under arms	
V	SKATEBOARD RIGHT: Skateboard tuck x8, R/L	
C	SUPERMAN: Tuck, plank, tuck, stand	
B	TUCK & JACK KNIFE Tuck, hug knees x1, jack knife, hug one knee x1	
F	Tuck	
V1	C1 B1 V2 C2 B2 V3 C3 B3	



5	Lower Body 2	Weak
I	ADB in a cross	
V	DIAMOND JUMPS Rebound jumps x16 (Arms: Push ADBs down to feet)	
C	ROCKING HORSE Rocking horse x7, hop knee to change (Arms: Push ADBs F/B)	
B	SWEEP SIDE Leg Abd/adduction x8, R/L (Arms: Hold ADBs in F)	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 B4

6	Upper Body 2	What About Us
I	ADBs under knees, seated flotation	
V	CURL & PRESS ALT triceps press (slow, quick, quick) x16	
B	REACH & CURL: Reach R and curl in x8, R then L (TVL R then L)	
C	SCOOP & SPIN: Biceps curl x8, spin BWD	
F	Hold seated flotation	
V1	B1 C1	V2 B2 C2 V3 B3 C3

7	Core 2	Witness
I	ADB under arms, seated position	
V	TWIST: ALT twist x32	
B	RUNNING MAN ALT knee crunch, pedal push, ALT knee crunch, mountain climber x8	
C	TUCK CROSS UNDER ALT tuck/1 leg cross under	
F	Land wide	
V1	B1 C1	V2 B2 C2 V3 B3 C3 C4

8	Flexibility	You Look Good
I	Roll shoulders, stretch hands	
V	HAMSTRING STRETCH Hamstring stretch, point/flex x8, Quad stretch, chest stretch, x8	
B	FIGURE 4 Figure 4 to calf stretch	
C	BACK STRETCH CROSS R arm crosses to L thigh, L arm crosses to R thigh 1-8, L arm circles to stretch shoulder 8-16	
F	Arms cross to thighs	
V1	B1 C1	V2 B2 C2 V3 B3 C3





[www.WATERinMOTION.com/STRENGTH](http://www.WATERinMOTION.com/STRENGTH)