

## WHAT WILL WATERinMOTION® STRENGTH DO FOR ME?

- Increase muscle strength and power.
- Encourage connective tissue growth and durability for ligaments and tendons without the impact on joints.
- Stabilize blood glucose regulation and improve mood.
- Reduce fall risk, cardiovascular disease, osteoporosis, and arthritis pain.
- Improved communication between brain and muscle.
- Increased muscle endurance and tone through high interval repetitions and short recoveries.
- Improve balance as the body is challenged with water resistance, drag, buoyancy, and flotation utilizing aqua dumbbells.



## HELPING YOU LIVE BETTER



Distributed By **SCW**

[www.WATERinMOTION.com](http://www.WATERinMOTION.com)  
[water@scwfit.com](mailto:water@scwfit.com) • 847.562.4020

# STRENGTH LIKE NEVER BEFORE

WATERinMOTION® STRENGTH is the groundbreaking aqua exercise workout using aqua dumbbells that provides a low impact, high-energy challenge!



Distributed By **SCW**

[www.WATERinMOTION.com](http://www.WATERinMOTION.com)  
[water@scwfit.com](mailto:water@scwfit.com) • 847.562.4020



## WHY THIS CLASS?

WATERinMOTION® Strength uses a unique choreographed format to challenge balance as well as asymmetrical body movements, increase explosive power, and promote great recovery all in a 60-minute class. Detailed choreography notes are provided every 3 months to keep our instructors and trainers up-to-date with this evolving aquatic fitness program.



## WHO SHOULD ATTEND THIS CLASS & WHY?

Proven to reach out and appeal to a wide variety of people, WATERinMOTION® Strength is perfect for young and old alike! WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power, and overall tone in a full-hour workout using aqua dumbbells.



## WHAT'S DIFFERENT ABOUT WATERinMOTION STRENGTH?

Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse of the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION®'s unique choreographed formula to keep your training fresh, new, and challenging.



[WATERinMOTION.com/Strength](http://WATERinMOTION.com/Strength) • [water@scwfit.com](mailto:water@scwfit.com) • 847.562.4020

## A POWERFUL PROGRAM

### WARM-UP

This class opens with large, simple cardio moves to gradually prepare the body and mind for what's to come.

### LOWER BODY 1

Our first track is dedicated to increase range of motion, elevate heart rate, and introduce aqua dumbbells targeting the glutes, hips, thighs, abs, and back.

### UPPER BODY 1

In the next song, we shift to upper body muscles with exercises focusing on chest, back, biceps, triceps, and shoulders using one or both aqua dumbbells.

### CORE 1

We then transition to focus on the core which includes the abdominal muscles and the middle & lower back.

### ACTIVE RECOVERY 1

In this segment, we focused on releasing lactic acid, buildup and letting the hands and shoulders return to a more relaxed state.

### LOWER BODY 2

Returning to the lower body, we continue the resistance training and increase the heart rate and core temperature again with creative use of the aqua dumbbells and high intensity, low impact movements.

### UPPER BODY 2

We then again strengthen, tone, and gain endurance in the upper body muscles of the arms and upper body using completely different moves and music.

### CORE 2

Returning to the power center, we tone and tighten our middle section with exercises you never imagined could do the job so effectively and creatively.

### ACTIVE RECOVERY 2

In this segment, we shift our attention again to releasing lactic acid and focus on manual dexterity and shoulder relaxation while promoting a cardio workout.

### FLEXIBILITY

Our last music track is a celebration of our fantastic efforts while bringing back focus on mobility and flexibility in the entire body.