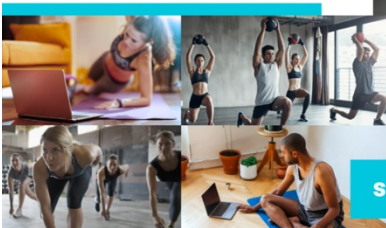


A woman with dark hair tied back, wearing a white tank top, is lifting a black kettlebell with both hands. She has a focused expression. In the background, a man is blurred. The image is part of a grid layout.

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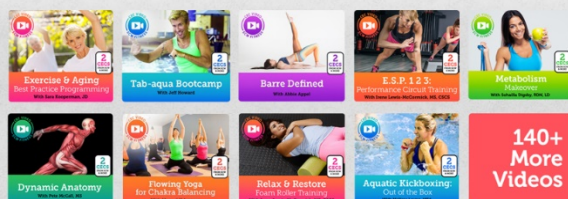
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- GRATITUDE
- OUR PURPOSE TODAY
- WHAT THIS PROGRAM IS ABOUT
- WITH CHANGE YOU GET CHANGE “ADAPTATION”
- THINK OUTSIDE THE BOX



Wellness

Stay In Shape With These Cool New Water Workouts



Melanie Rae Chadwick · August 3, 2016



Photo: Chicago Paddle Company

Chicago Paddle Company

Choose from three different stand-up paddle board fitness classes: SUP Pilates, SUP Yoga, and SUP Core Fit. In the first two, the board takes the place of a mat; the last class uses resistance bands attached to the board for a seriously intense core workout. All take place on Lake Michigan with views of the city that offer a welcome distraction from your shaking muscles.



Photo: Boot Camp H2O

Boot Camp H2o LA

These high-intensity, hour-long classes combine everything from swimming to plyometrics to traditional weight-based exercises. The end result? A heart-pounding cardio workout that also sculpts and strengthens muscles from head-to-toe.



Photo: Aqua Vida

Aqua Vida



WORKOUTS

The Next Big Workout Trend: Just Add Water



Training strength in a pool adds resistance from all directions.

Speedo USA.

by **Marissa Stephenson**



When you hear "water workout," you're either picturing swimming laps, or a gaggle of



Advertisement

AROUND THE WEB



Science Says This Body Type Is the Most Attractive Now

[NYPPost.com](#)



Why Hollywood Won't Cast Halle Berry Anymore

[NickiSwift.com](#)

Aqua trends = BRAVE NEW WORLD



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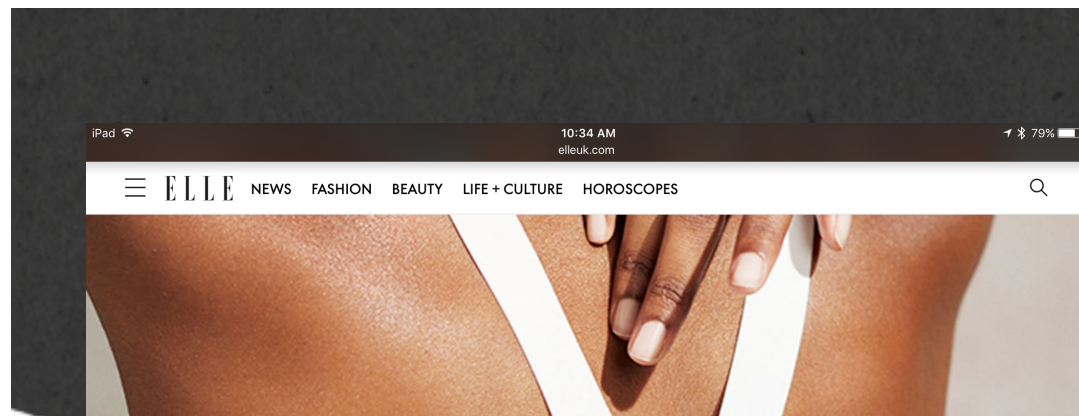
Aileen Sheron and 29 others

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THE BIGGEST FITNESS TRENDS OF 2017 TO TRY IF YOU'RE SICK OF DOING CRUNCHES IN THE GYM

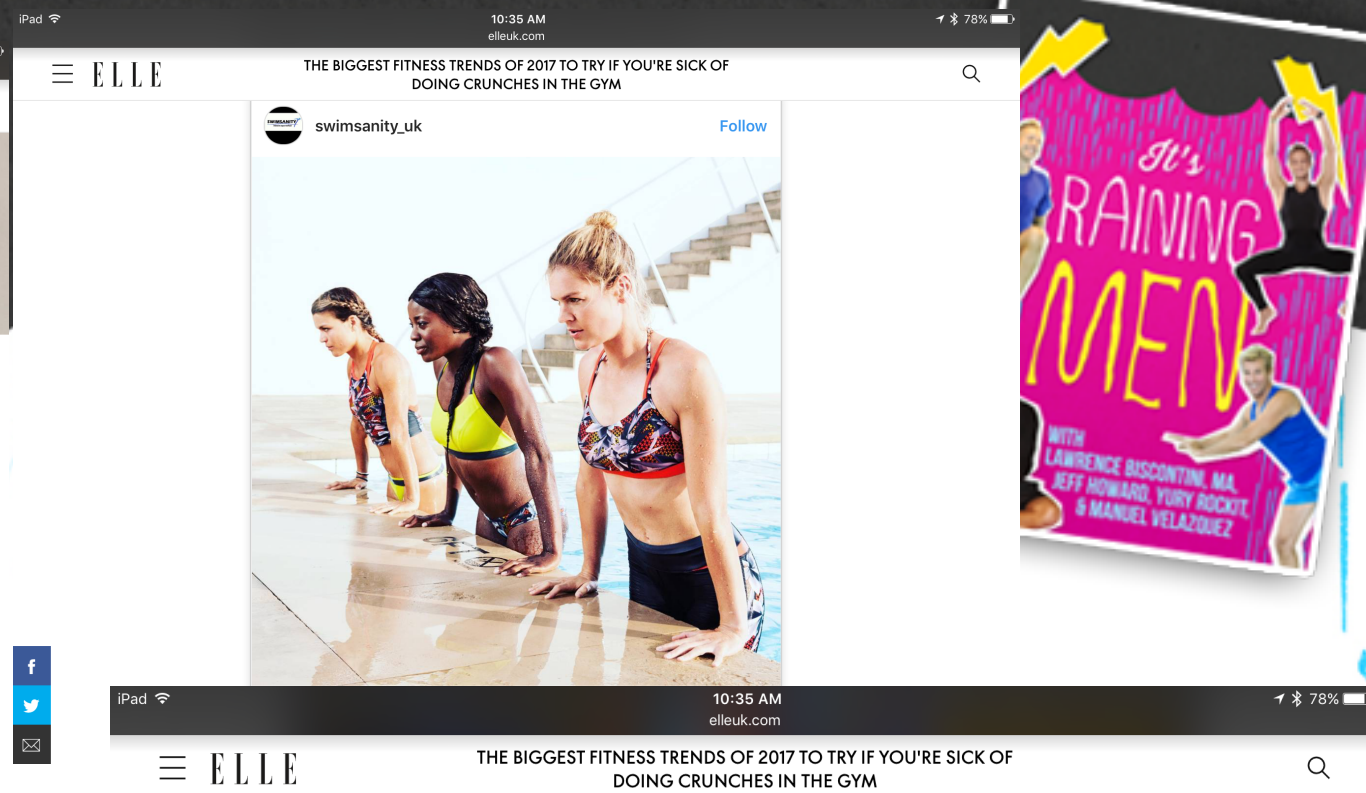
If 2017 has its way, you'll be obsessed with virtual boxing, eating ghee butter and competitive rowing to work up a sweat. This is the complete guide to achieving peak you this year.

THE BIGGEST FITNESS TRENDS OF 2017 TO TRY IF YOU'RE SICK OF DOING CRUNCHES IN THE GYM

Water workouts

HIIT is no longer strictly land-based – this year, swimming has taken a high-velocity turn. Virgin Active offers **Hydro** - a circuit class in a pool that involves timed sprints, lengths that isolate your top or bottom half and aquajogging, finishing with – what else? – a plank by the side of the pool.

AquAllure at the Crowne Plaza London Docklands is a spin class that takes place underwater and chews through 800 calories per class. And **SwimSanity**, at several locations across London, is an aquatic riff on the world-famous Insanity workout: the drag of the water adds resistance to the hard cardio, whittling the body into a lithe powerhouse.



A monthly or annual subscription grants access to the online library and each intense class reputedly burns 600 calories, improves strength, speed and co-ordination, and continues to burn calories for 12 hours after you've finished.

Floating yoga

LA's appetite for mash-up workouts continues apace: it's all about doing your regular routine, but on boards. In-Trinity whittles the core through a sequence of yoga stretches, pilates and gentle martial-arts moves, executed while balancing on a slanting elevated board in a fitness studio.

Sandbox Fitness, another LA trend, involves reps of lunges and squats while balanced on a surfboard, in turn balanced in a sandbox. The UK's sedate version is **Sup Yoga London**, a floating yoga class that uses dynamic stretches on a board on the waters of London's Paddington Basin. Float on.



IF 2016 WAS ALL ABOUT GETTING ABS LIKE BODY COACH KAYLA ITSINES, THEN 2017 IS ALL ABOUT TURNING YOUR AWARENESS TO YOUR 'MINDBODY'





LaBlast®

SPLASH

Dive into the future of water fitness – LaBlast® Splash! Low impact? Check. Cardio building, joint friendly and outrageously fun? Check X3. So what sets Splash apart from other water aerobic formats? Splash celebrates the beauty of true dance in the water!

[LEARN MORE](#)

MANUEL

- ☐ Purpose
- ☐ Progression
- ☐ Equipment
- ☐ Short lever long lever
- ☐ Rhythm change

LEADERSHIP & CONNECTION



- ✧ **Communication:**
 - ✧ **What & How**
 - ✧ **Neuro Linguistic Programing**
 - ✧ 7% words
 - ✧ 38% tone
 - ✧ Body Language

DIFFERENT DECK LEVELS



- “Rebound
- “Power Rebound
- “Grounded
- “Neutral
- “Suspended

SUMMARY

- “ Goal: Accurate Visual Communication
- “ Instructor on deck should look like the students in the water
- “ Be a great role model
- “ Be creative, safe & enthusiastic
- “ Avoid injuries & increase teacher longevity



Jeff

- ☐ Purpose
- ☐ Progression
- ☐ Equipment
- ☐ Short lever long lever
- ☐ Rhythm change

A. CLASSFORMAT-interval training Core Specific ;

The technique of interval training is modified for appropriate application to the general population and utilized as the basic training principle in the workout. The intensity-varied workout format is comprised of a series of aerobic work cycles. Each aerobic work cycle combines one high intensity aerobic training period with one period of low intensity aerobic training (ACTIVE RECOVERY). The desired result is that the heart rate will fluctuate between the minimum and maximum levels, but will remain within the target-training zone. Because heart rates elicit faster “RECOVERY” when exercising in the water then when exercising on land, the ratio (high intensity, low intensity).

CONSIDERATIONS FOR INTERVAL TRAINING

Recommendations for intensity;

Train within limits

MAINTAIN 50-60% of age predicted maximal HR DURING ACTIVE recovery periods.

Raise intensity threshold to 85% of age predicted maximal hr during work periods.

ADDITIONAL TRAINING PRINCIPLES

PROGRESSIVE OVERLOAD is applied and intensity varied through:

Force and acceleration

Speed and acceleration are two of the primary intensity regulators,

Golf

- Swing left
- Swing right
- Repeat
- **Tennis**
- Serve it left
- Right
- Back hand left
- Back hand left
- Side to side move
- **Clap hands**
- Big
- Fast
- Faster
- Over head
- Lead right top
- Lead left top
- Alt clap

Volley ball

- Serve
- Spike it over new
- Serve
- Spike
- Serve
- Double spike
- **Wood chop**
- Chop left
- Quick
- Chop right
- Quick
- Alt
- Timber
- **Swim**
- Arms breast stroke
- Butterfly
- Back stroke
- Flutter kick
- Push off

Basket ball

- Dribble left, then right
- Shoot a basket left lead
- Repeat
- Shoot right lead
- Alt dribble
- Dunk
- **Soccer**
- Alt kick front
- Block the ball with your head hit with your forehead
- Alt kick sides
- Block ball
- Kick back
- Block ball
- Alt kick front side back
- Block ball

Thank you choreography notes handed out at session



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- ☐ findmrjeff@yahoo.com
- ☐ **#Doubletrouble**