Generic Notes and List of Movements
for Shallow Water Aerobic Exercise Classes
prepared by Lia Kidoguchi

Equipment:
1 pair small Hydrofit buoys, or empty Chlorox plastic bottles
optional: webbed gloves, kickboards, water woggles,
optional: Aquasocks or Aquashoes

General Hints and Tips
- water level should be between umbilicus and armpit, the deeper, the less impact and the more calories burnt
- always land on ball of foot, roll onto whole foot (heel touches down!), push off with ball of foot
- to lower impact, bend knees on landing
- never ever lock any joints
- arm movements stay completely in or completely out of water, don’t change medium halfway
- students should have all equipment handy (spur of the moment teaching)
- I give lots of verbal cues, therefore:
  - no talking
  - no music
  - same vocabulary
- new class or lots of new students: from deck, else I get in myself
  - to protect my body, my voice
  - to be among my students (we, not you)
  - to share my students’ workout
  - to set pace (no music)
  - to stay aware of difficulty/problems with transitions etc.
- new students are invited to be close to me to watch, to also see/hear me better, and I see them better…..

Structure of Class:
- warm-up: easy, short lever moves, large muscle groups
  - to get feeling for being in the water
  - socializing
  - exchange of news/info
  - set up posture
- dynamic stretches: long lever moves, some part of body keeps moving while other parts are stretched
- cardio section
  - aerobic warm-up (more short lever moves, arrive in target HR zone)
  - aerobic/circuit/interval training at various intensity levels
    (various choices from categories below)
  - cardio “cool-down” (gently lower HR, but prevent cooling out or pooling blood)
- abdominal work in suspension (“horizontal”/“V-sit”, with floating device, feet don’t touch bottom anymore)
- static stretches/relaxation
Intensity

- intensity levels without equipment:
  - 4 levels of effort:
    - 25%
    - 50%
    - 75%
    - 100%
  - 3 to 4 levels of intensity:
    - rebound (bounce - press off forcefully from bottom - mostly “dble-leg moves”)
    - regular (or: “extended” / normal)
    - submerged (or: “intermediate” / neutral - lower body until shoulder deep, touch bottom but don’t bounce)
    - suspended (= “deep water”, feet don’t touch bottom)
- travel
  - forward
  - backward
  - sideways
  - grapevine (feet alternately cross in front and behind)
  - in circles (in place, but change direction faced)
  - whirlpool
- ladder
  - downward (alternate 2 exercises, do 8, 6, 4, 2 reps each)
  - upward (as upward, but start with smaller number of reps)
- hard/easy:
  - 20/20” (20” on, 20” off)
  - 30/15”
  - 1”/1”
- square:
  - do one move ~ 8 x in each of four directions
  - do second move, then first move in N, then E, S, W direction
  - add yet another …..

variety with equipment:
- gloves, buoys, bottles, paddles
- water woggles
- kick boards, balls
- wall
Selection of Moves

**jogging regular** (high knees, roll from ball of foot onto heel [whole foot], push off with ball of foot)

**straddle/wide legs** (football tires)
- ankle touches: reach down across, touch opp ankles alternately/simultaneously (frogkick)
- heel touches: reach behind, touch heels same side / opp side
- “hackysack” - ankles come up center close to hips (watch out for knees)
- “Charleston” - ankles come up outside, (knees stay together) try to touch with same side hand (watch out for knees)
- with a clap under alternate knees
- Russian Dance, legs up in front or at angle to outsides
- ballet leaps

**arms**: single/alternate and double (symmetrical)
- regular arms (alternately up and down along sides, reach for same knees)
- push out in front
- push-pulls
- arms stretch side to side close to surface of water
- side to side, palms up shoulders under,
- squeeze shoulderblades (elbows go back, pulse, or touch buttons in front)
- breaststroke circles
- backstroke (reversed breaststroke circles)
- arms "tic toc" (body sidebends, arms stay still, no movement at shoulders)
- arms do circles to sides (out, down, in, and up) alternately, also other direction
- arms do circles in front of body (out, down, in, and up) alternately, also other direction
- arms do circles to sides (clockwise, anticlockwise) simultaneously, at various angles
- arms do circles in front of body (clockwise, anticlockwise) simultaneously, at various angles
- arms in back move buoys up & down spine alternately, also doubles (simultaneously)
- jumprope both directions

**arms stay above water:**
- Marionette (elbow to same knee)
- standing twist: opp elbow to opp knee (hands on shoulders?)
- also, elbows submerge (arms form V), churn water
- straight arm in large arc from ceiling to touch opp foot kicking to the surface
- screw lightbulbs in ceiling, doorknob out to side, out in front
- pull rope from ceiling, from the right, from the left, from in front
- touch shoulders, extend to sides, extend to front, extend to ceiling
- high elbows, pat shoulder/extend to ceiling “good job”
- small wrist crosses, travel in front from surface of water to ceiling and back
- arms straight out to side, or out to front, or up to ceiling, small circles, both directions
- pec fly (elbows at right angle, open and close)
- “eagle arms”: dble cross arms w/ bent elbows, so palms of hands touch
- “lat pull-down” - same arm position (in open), lift and drop elbow
- cossack kick with arms crossed at chest

**cross-country - regular** (long straight legs, straight arms)
- then add a twist at waist
- let arms hang down, roll at sholders (hunch shoulders, open chest, doorknob at thigh)
- straight leg toe touch (opp hand)
- toes to surface kick, arms stabilize in back
- “Rockettes” high but diagonally across
- small and fast (“speed walk”)
- “hurdlers”: bent-knee cross-country
• pulse in bent-knee position
• rocking horse, change leg
• ballet leap, change leg
• slightly lean forward, kick out behind
• scissors legs (similar to cross-country, but arms over same leg, do several on same side)
• go scissors one leg, jumping jacks, scissors other leg, descending (8-6-4-2-1)
• "karate kick" one leg to front, to side, to back, body stays straight, other leg down, do one leg first, then other, or do each kick with both legs

hurdler
• regular arms
• arms out to side, rotate buoys (doorknob)
• arms swing at sides, palms lead (flip in front and back)
• arms swing at sides, backs of hands lead, flip
• both arms out in front, palms down, then simultaneously swing back and forth, no flip
• both arms out in front, palms up, then simultaneously swing back and forth, no flip
• elbows pull back (open chest), pulse / go forward diagonally
• hold a "ball", twist it, figure 8?
• reach across and touch opp buoy (repeat same arm, then switch side)
• interlock buoys, go side to side
• add a twist in torso, back buoys touch back ankle

X-legs (arms over same leg, at 10 & 4/ 2 & 8 o’clock)
jumping jacks
• regular, with regular arms
  • with buoys touching in front of body
  • with buoys touching in back
  • with buoys touching alternately in front, (center,) and in back
  • arms outside of water
• pendulum, like sideways rocking horse
• grapevine, same leg crosses over in front, in back, alternately, (travel)
• arms out to side, palms up, pull them down to thigh (squeeze elbow to waist)

reverse (when legs open, arms close & vice versa), various arms (as above) necessary in deep water!!!

with cross overs, opposite arms cross over alternately, too
• with a twist (look at sides, look back)

small straight leg crosses (small and fast)
• with arms palms down out to side on surface of water
• with palms up / roll from palms up to palms down
• elbows pull back

closed stance
• feet together, rock forward onto toes, back onto heels, arms scoop opp direction
• heel taps forward (opp arm push forward)
• heel/toe twist (heel tap toes point outward, then toe tap toes point inward, then other leg), use Marionette arms
• hip rolls, both directions
• twist: shoulders in water, hands on hips, twist torso against resistance of water, legs may come up, or not
• Masai jumps (“volcano”) (really high)
• moguls side to side - (legs together touch bottom on R then knees up then down on L side)
• twisty moguls - (double leg kick with hip twists)
• kick down at sides, kick up in middle
• kick up at sides, kick down in middle
• add arms (opposite side pushes down, then both simultaneously (to same side))
• single knee lift ctr, hands clap under knee, then dble knee lifts
• “bunny hop” forward hops dble legs, arms up, high knees (alternate with frog?) travel both ways

**sitting position**

• leg extension single arms button up & down spine
• squeeze knees and arms behind back
• bent leg cross
• cossack alternate legs, single monkey arms
  • do same leg several times, then switch
  • dble cosacks (both legs simultaneously), double monkey arms

**ab work (pike position)**

• small Xovers ascending/descending
• in pike position, leg squeezes, toes just break surface “white water”
• leg circles, & change direction
• ankle circles, change direction
• legs up, point toes, flex foot
• single leg lifts
  • straight up
  • hip turned in "across" other leg
  • hip turned out "away from center"
• crunches:
  • regular / rowing / touch buttons underneath bent knees
  • buoys touch ankles
  • with straight legs, together, or straddle
  • twist at waist, shoulders square, crunch sideways
  • elbow to knee
  • legs straighten on side, crunch in center switch side to side
  • diamond/bell (hips turned out, knees out, soles of feet together, pull heels to butt)
  • hip dips (one hip up, other under) = "ankles cross & roll side to side"
• shoot throughs (kick in front/tuck, flip on stomach/kick back), (fish flops)
• shoot throughs (side to side, tuck in ctr), bent knees, straight legs, (floating rodeo kick)
• on back, L foot aims across body at R hand, vice versa
• bicycle, seated, forward, backward, travel, spin, both sides
• bicycle, lying on side, forward, backward, travel, spin, both sides, change direction big clock circle
• straddle throughs to stretch abs
• wagon wheels

**water waggles/noodles (variations)**

• hold shoulder width in front
• press down with jog
• various abdominal exercises
• lean forward at angle, hamstring (heels to butt)
• lean forward at increasing angle, push-ups (or rather, push-downs)
  • position 1: lunge, 2: both feet back, on toes, 3: both legs float up
• hold wide in front
• push side to side with rocking horse sideways
• with lunge to one side, sway from side to side
• paddle (canoe/kayak)
• hold across back (under arms)
• various abdominal exercises
• sit as on swing, or sit in straddle
  • various "sitting" exercises
• with partner, face each other:
  • cross country, pull on other's noodle
  • jumping jacks, noodles on surface out and in, up and down
  • noodles under water out and in
• with partner, face away from each other
  • try to run forward (tug o' war)
  • hold wide in front at ends, stretch up and overhead down back as far as comfortable
  • stand on it, one foot then both, for balance and foot massage

at wall
• hang on, horizontal on front, flutterkick, also dble time, also straddle and close, also wide leg flutter
• back to wall, horizontal, flutterkick, also dble time, also straddle and close, also wide leg flutter
• brace on side, scissors, switch side
• face wall, one knee up to side, hop to other
• one arm biceps circles
• one arm triceps circles, or triceps push downs all with same arm, then switch
• tuck, sweep all the way out & open chest
• modified push-ups (stand at angle, lean into wall)
• push-ups (arms narrow, regular, wide, 8 each)
• backwards push-ups
• belly against wall, fanny kick
• donkey-kicks (foot high up in front, then high up in back), same leg, then switch
• chorus-line (foot high up at side, small leg cross behind), same leg, then switch
• back to wall, one knee bends, circle inward, then outward (fig 8?), other leg
• fire hydrant
  • in up position leg extension
• figure eight with bent knee
• side to wall, 1 foot touches wall knee high in front, goes out & around, touches wall in back

stretches

torso:
• R side close to wall, R hand holds gutter, reach out to L, L ear on arm
• L arm reach over head to R, L hip push out
• come to ctr, L hand holds gutter, R hand reaches overhead to L, hip at wall
• back to wall, one foot flat on wall, knee across body to opp side, try to touch wall, then other leg

legs:
• calf, achilles
• quads & hipflexors (hold your ankle, knee down, or in a lunge)
• crouching pigeon (ankle on knee)
• hamstrings (hold on to gutter, V, toes at surface, side to side pull and stretch), or
• pull leg out to back

upper body:
• tall overhead,
• triceps
• across the chest
• away from wall
• open chest
• wrist circles, piano
• shoulder circles
• shoulder shrug to ear
• head rolls