

Generic Notes and List of Movements
for Shallow Water Aerobic Exercise Classes
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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

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- 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 cossacks (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