

# CHARLENE'S TOP 10 AQUA AB EXERCISES: PHOTO SERIES OF SELECTED EXERCISES

## *Pumping Side Karate Kick*

### *Photo # A1:*

- a Start with inner unit activation and a powerful stance with global muscles activated
- b Lift knee towards chest, focus on activating the spinal flexors, during hip flexion
- c Keep forearms parallel, in front of chest in a strong isometrically activated position
- d Feel powerful and stable
- e Think about activation of the abdominal and back muscles while stabilizing the body
- f If in chest deep water, keep the knee of the standing leg slightly bent, in deep water - suspended, keep the 'standing leg' straight and unlocked at the knee

Special thanks to Alistair Parkes,  
photographer from New Zealand



A1

### *Photo # A2:*

- a Maintain inner unit activation
- b Continue to lift knee towards opposite shoulder while moving the ribs towards the hips by activating the oblique abdominals
- c Reach elbows powerfully towards the sides of the body
- d Take control while pushing and pulling the limbs through the water to increase exercise intensity
- e Option: Change the hands from a fist to a flat-paddle position to increase surface area and the work done



A2



**Photo # A3:**

- a Reach dorsi-flexed foot to the side of the body by extending the knee
- b Simultaneously reach both hands/arms away from the leg, to opposite side of body by extending the elbows
- c Maintain inner unit and global muscle activation and a powerful, stable posture throughout

Photos shot on the shores  
of Lake Ontario



**Photo # A4:**

- a Continue to push the heel away from the body to full leg extension (soft knee)
- b Also, continue to push both hands/arms away from the body to full elbow extension (soft elbows)
- c Keep the standing leg slightly bent if in chest-deep water, with foot on the floor
- d Put the mind into the muscle by visualizing the work of the inner unit and global muscles



**Photo # A5:**

- a Bring the 'working' knee towards the chest/opposite shoulder and pull the front elbow towards the 'working' leg
- b Maintain a powerful stance, keep the other arm out to the side of the body, under the surface of the water in a strong position

continued →

**Photo # A6:**

- a Continue to bring the knee across the body towards the opposite knee
- b Bring the 'outside' arm towards the chest by flexing the elbow
- c Repeatedly 'pump' the foot and arms towards the body, then away from the body while using the resistance of the water and activating the muscles to maintain a stable posture and perform the movements effectively

**Narrow Tuck/Jack Combination Move**

**Photo # B1:**

- a Start with inner unit activation and a powerful stance with global muscles activated
- b Lift both knees towards chest, focus on activating the spinal flexors, during hip flexion  
**Note:** When demonstrating this position from the pool deck, the instructor often performs a squat, indicating to the participants that both feet are lifting towards the chest to a suspended position in the water
- c During this spinal/hip flexion phase, press both hands towards the ankles (elbow extension)

**Photo # B2:**

- a Continue inner unit and global muscle activation
- b Straighten both legs (hip and knee extension) and return to a standing positions (spinal extension) with legs apart (hip abduction) as in a jumping jack position.
- c During this spinal/hip extension phase lift both hands towards the chest, with elbows pointing to each side.
- d Feel powerful and stable throughout the movement
- e Think about activation of the abdominals and inner unit muscles during the 'tuck' phase of the movement
- f Focus on activation of the inner unit and back muscles during the 'jack' phase of the movement
- g For maximum results, push and pull water with the body parts



A6



B1



B2

**Repeater Sartorius Jogomarch with 'Sartorius Arms'**

**Photo # C1:**



C1

- a Start with inner unit activation and a powerful stance with global muscles activated
- b Stand tall, reach one arm to the side of the body, just below the surface of the water
- c Keep hips facing forward, in neutral position
- d Rotate leg externally at hip, so that the knee and points to the side
- e Think about activation of the abdominal and back muscles while stabilizing the body
- f If in chest deep water, keep the knee on the standing leg slightly bent, in deep water - suspended, keep the 'standing leg' straight and unlocked at the knee

**Photo # C2:**



C2

- a Maintain inner unit activation
- b Bend the knee slightly while lifting leg
- c Maintain external rotation of the leg at the hip
- d Lead with inner thigh, facing towards opposite shoulder while moving the ribs towards the hips by activating the oblique abdominals
- e Reach long arm powerfully towards the lifting leg
- f Take control while pushing and pulling the limbs through the water to increase exercise intensity
- g Option: Change the hands from a fist to a flat-paddle position to increase surface area and the work done

**Photo # C3:**

Focus on the anterior surface of the body, moving powerfully through the water

- a Simultaneously reach the hand/arm towards the lifting leg by activating the oblique abdominal muscles
- b Think about the opposite hip and rib cage moving towards one another with powerful spinal rotation controlled by the internal and external abdominals. Continue to reach the arm towards the lifting leg (soft knee) by performing spinal rotation with oblique abdominal activation
- c Continue to keep the lifting leg, externally rotated with the knee slightly bent, during the hip flexion phase
- d Keep the standing leg slightly bent if in chest-deep water, with foot on the floor
- e Put the mind into the muscle by visualizing the work of the inner unit and global muscles.
- f Bring the 'working' leg towards the chest/opposite shoulder and reach the long arm and the torso, acting as a unit, while performing controlled spinal rotation.
- g Maintain a powerful stance, keep the other arm solid, with the hand resting on the hip, elbow bent, out to the side of the body, under the surface of the water, in a strong position



**Photo # C4:**

Now focus on the posterior surface of the body, moving powerfully through the water

- a Start to reach the arm away from the leg, towards the original start position (C1) while beginning to lower the working leg (soft knee) by performing spinal rotation in a posterior direction
- b Continue to keep the lowering leg, keep the leg externally rotated at the hip, with the knee slightly bent, during the hip extension phase
- c Keep the standing leg slightly bent if in chest-deep water, with foot on the floor
- d Put the mind into the muscle by visualizing the work of the inner unit and global muscles.
- e Continue to move the arm, torso and leg towards the starting position (C1)
- f Maintain focus on the global muscles of the torso, specifically in the back region

