

CALA

Canadian Aquafitness Leaders Alliance Inc.
Handout

Aquatic Cardiac Rehabilitation – Part 3

Article by C. Weerdenburg published in CALA Wavelink newsletter
Spring 1999



Dancing always makes me feel better. I have learned that I love to dance in water. In my aqua rehab class, I've noticed that when I choreograph simple routines my group responds with smiles and comments like "ooh this is so much fun or my `fav, "Yowza!". I've learned that when I choreograph waltz music I don't have to cue posture (my clients suddenly look like they have entered a Ballroom Dance competition). Music and movement can create an oasis in the middle of a day that may be filled with health stress and chronic discomfort. Whether the client is recovering from a heart attack or hoping to prevent one, we need to get the most out of the moves while we keep safety in the forefront. We must consider the purpose of the exercise, the inherent risk and the coefficient of joy (i.e. just how much "lightness of being" results from that move). If we are to help the clients progress in their fitness we must camouflage the technique and finesse the finesse the fun. Teaching the moves and alignment and execution cues in great training for the body and the mind. Elevating the coefficient of joy helps condition the spirit and helps the client on the road to becoming an independent exerciser.

Teaching Tips such as the following are good reminders.

1. Teach it slow so they learn it fast.

Use 1/2 tempo and 1/4 tempo to learn or even slower tempo if need be.

1. Specific Cues create Terrific Moves.

What are your abs doing? What is your chin position? Is it helping the move again?

2. When you cue it they will do it

Use phrasing to reinforce moves. Dance!

3. Educate gently and entertain greatly

This isn't boot camp. Lighten up!

To help get you started on choreography with heart, I have included some moves and cues to show you how to 'max out the move without taxing out the groove'. For those of you who teach choreographed regular aqua the moves are simple. Remember that for clients new to training, it will often take the whole class or more to figure out x ski (cross country ski legs). "... determine how much "lightness of being" results from that move..."



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Warm Up Combo (Music - "I'm just a Gigolo" 124 BMP from Hit Parade Dynamix)

Temp	Legs	Arms	Initial Alignment Cues
1/2T	N jogormarch (n j'om	Fwd alt sh Flxt slice	Hand and foot positions, wrists straight breathing, water level, smile please
1/2T	Wide j'om	Wide alt uni sh flxt	*abs are active to pull pelvis back in line as legs abduct. Cue tall upper body, arms out over the active leg. Stat to warm the torso and activate oblique. Rhomboids!
1/2T	W quad kick		Re-cue abs, control ROM on kick-no snap at the knee. Smile check
1/2T	N quad kick		Cue upper body again many will slouch on the narrow moves. Is the foot stable?
1/2T	N hip kick	x/over low punch	Double up on the punch (2 on each hip kick) for fun on the 3 rd or 4 th time through
1/2T	Alt sh flxt		

***Avoid use of the tuck. The safety of the move for cardiac rehab clients is in question.**

Gradually reduce the reps to 4 or 8 reps of each. Ask the clients to tell you which move is coming next. This will reduce their reliance on you and teach them to think ahead and see the pattern of the moves. This will have positive repercussions on development of agility, coordination and balance.

Once the moves are well learned then change the arms to increase the coefficient of joy ie. alt arm sweeps on w j'om or a clap (under water) during the uni narrow sh flexextension. It's also great to start tempo tampering:

- 📌 4x t n hip kick with alt low punch singles (one rep on each side)
- 📌 2x 1/2 t n hip kick with alt low punch double (two reps on each side) then decrease reps to;
- 📌 2x t n hip kick with alt low punch singles (one rep on each side)
- 📌 1x ½ T n hip kick with alt low punch double (two reps on each side)

Try doubling up on the leg moves especially the quad kicks (ie.:

- 📌 4 x single alternating n quad kicks (single, single, single, single)
- 📌 Followed by 2x n qd k on the right and 2 x n qd k on the left side (double double)

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The same pattern can work for several classes. Just come up with a different variation for each combo. Not only has the group warmed up physically but they have been concentrating on the moves and enjoying the dance. They are ready for more fun.

Cardio Combo Music (Music – Goin’ to Kansas City 124 BPM Hit parade – Dynamix)

Tempo	Legs	Arms	Initial Alignment Cues
1/2T	X ski travel fwd	Alt sh flxt	Cue shoulders in line with hips, abs active, full ROM at shoulder – foot position
	N hip kick on the spot (ots)	Alt sh flxt	Torso stabilizers ROM hip and shoulder
	N hip kick	Uni sh lfxt	Ask if they can feel how the arms swing is destabilizing them. How are they correcting for this? ROM posterior?
	Jumping jacks (jj) (OTS)		Coordination culprit! Keep the unison arm swing (uni sh flxt)
	JJ legs	Jumping jack arms	Now ask the abs to super contract on the leg abduction to protect the low back
	Abdo JJ tavel back	Horizontal abd, add	Add super contraction on the adduction (chest hug, blade squeeze)

Teach the combo on the spot (ots). Once learned add traveling.

To decrease the coefficient of joy add the following choreography block:

- 👉 ½ t x ski can go to t x ski with ½ t breast stroke fwd or
- 👉 T x ski with cross over punch arms
- 👉 ½ t n hip kick can be paired with kayak arms for muscle conditioning focus (obliques and lats) or go t with flasher arms followed by ½ t with figure eight arms (front kayak arms)

Jumping jacks are fairly easy and are a move during which most clients can relax.

Try and keep the clients low in the water, decrease the amplitude of the light bounce, suggest using a semi-anchored option. Cue to “think like a water baby not like an earthling” or “the work is in the water, not in the air”. Impact is often a concern in reconditioning and anchored work helps eliminate much of the percussive nature of shallow water workouts. In deep water, add lift to the move to increase intensity.

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To train Interval style, do one pass through the choreography, at tempo for those that can accommodate it. Recover with one ½ T pass through the same choreography, then try it at tempo again. Once the class has learned the cardio combo, link the warm up combo to the cardio combo and see if the mind has saved to "hard the drive" (Those on screen saver during the warm up will be exposed!)

To introduce muscle focus simple change on of the cardio moves to reflect the focus on the particular muscle group or pair. Ask the clients to x ski and push, or move as much water as they can, while remaining on the spot. Stay on ½ t and ask the largest ROM that they can muster. Cue to slide the feet rather than bouncing off the bottom (naturally the smoothness of the pool bottom will affect the ability to slide without causing discomfort for the bottom of the feet).

Ask participants to keep their chins close to the water but to stay tall in the body. This may involve a deep bend in the knees. Remind the participants that holding correct form, while working hard, take more effort. Ask them to assess the level of involvement of their abs during this exercise. They may tell you that their hearts are working hard. Always remember to give permission for participants to modify intensity when necessary.

The cool down and realization will cap of a great class. Spend time communicating with your clients. Discuss the positive things they accomplished. Talk about how they are learning to become independent exercisers. Suggest cross training opportunities. Let them know that by increasing their fitness level they will not only feel better, but will open or reopen doors to a larger life ... A life that abounds with water dance and new adventures.