

PARTICIPANT HANDOUT

(Leaders please copy for your participants with CALA logo and address intact)

Better Backs For Life - Part VI

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Brief Recap of Part I, II, III, IV & V:

Generalized format for training/exercise sessions include:

1. an appropriate warm up and stretch cool down
2. sports, activity and muscle specific conditioning
3. progressive strength and endurance
4. daily flexibility and posture awareness

Part II: POWER POSTURE SEQUENCE

1. Chin retraction
2. Shoulder - "Scapular Set"
3. "Hip-Rib" Check
4. "Glut Max" Squeeze

Parts III, IV & V: ACTIVE RANGE OF MOTION SEQUENCE (AROM):

Adapted for Water by C. Kopansky

Part I - V included detailed explanations of the following AROM Exercises:

- * Standing back extension
- * Hip extension - standing/upright
- * Hip-Hinge I

- * Hip-Hinge II
- * Hip flexion/extension combo conditioner
- * Seated core push-pull conditioner
- * Hamstring stretch
- * Standing dynamic torso spiral stretch
- * Scapular opening stretch (Level I to IV)
- * Power Quadriceps stretch (Level I - IV)
- * Vertical, Forward Lean & Prone Quadriceps Stretch (Level I - IV)



South African Institute rugby players - water running.

- * Start at Level One regardless of fitness level to ensure correct exercise execution. Use a warm pool (87 degrees+).

C.A.L.A.

AQUABELT'S

AQUABELT SIZES:

Size	Width	Length	Fits Waist
• Medium	4 5/8"	32"	26" - 35"
• Large	4 5/8"	33"	36" - 42"
• X-Large	4 1/4"	35"	38" - 45"

AQUABELT PRICES:

Members

- Medium \$26.00 + S&H + Tx
- Large \$28.00 + S&H + Tx
- X-Large \$30.00 + S&H + Tx

Non-Members

- All Sizes \$35.00 + S&H + Tx

Shipping and Handling

- \$7.00 per belt for orders under 10 belts
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REPLACEMENT STRAPS:

- All Sizes \$5.00 + \$1.00 per strap (S&H) + Tx.
- *** All belts come with straps included.
- *** Belts are not approved for use as lifesaving personal flotation devices.

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The key to all levels is slow controlled active range of motion. There is no hurry. In fact the slower the better for developing back strength.

ABDOMINAL CONDITIONING SERIES:

Precautions/Advice:

Moves are to be performed "anchored," except for the swivels (heels can be lifted to slide on balls of feet).

Perform moves at 1/4 tempo (based on 120 - 126 bpm) or slower. Progress to 1/2 tempo based on client readiness.

The Recommended Moves:

1. Single knee tuck, narrow and wide * progress to straight leg lift
2. Wide tuck
3. Narrow tuck
4. Wide swivel
5. Narrow swivel
6. Sartorius jogmarch
7. Mogul tuck
8. Abdominal jack

Level 1: a, b, c. Chest depth water

- a) Chest depth holding on to edge of pool with two hands
- b) Progress to chest depth holding on to edge of pool with one hand
- c) Progress to chest depth not holding on to edge, add arms to increase intensity.

Progress to Shoulder depth water - repeat as above a, b, c.

Level 2: (see a, b, c above). Shoulder Depth water- Moves 1 to 8 (see above).

Level 3: (a, b, c above). Suspended: Prone and/or Supine - Moves 1 - 6. Modify moves to suit client.

Technique Tips:

- drill navel to spine
- open chest at beginning & end of movement
- start from and return to power posture position with a neutral spine
- relax shoulders
- add arm actions where appropriate to increase intensity or to assist with stability

EDUCATION IS KEY

Focus on activating all four abdominal muscles, educate clients about the four muscles that make up the abdominal group, visually show or draw diagrams of the sites of attachments and lines of pull of each abdominal muscle, discuss the function of each abdominal, ask them to palpate the most superficial abdominals. Get them to practice activating all four of their abdominals both isometrically and isotonicly. Reinforce this education by referring to the specific abdominal muscles and where they are in the body, and what they do, throughout the abdominal conditioning series.



Level 4: Advanced: Abdominal roll over, from supine to prone and vice versa. ie. Start lying on back. Activate abs, and tuck both knees to the chest, roll in to a prone position, using arms to assist the rolling action. Extend legs out behind body, keep abs active and repeat the move in reverse to return to supine position.

* Description of moves - see CALA Combined Basic Fitness Theory and Aquafitness Specialty manual, Jasinkas & Kopansky, 1999.



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