



**High Voltage Aqua Circuit**  
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There are a variety of ways in which to design an aqua circuit class. An instructor is limited only by imagination and commitment to developing a unique circuit class which meets the needs of the participants.

The actual aqua circuit class can range from 30 to 60 minutes in length. The instructor may choose to gradually integrate muscle conditioning and cardio "stations" into the regular class format, or introduce a "new" aqua circuit class into the schedule.

With thought and consideration, the instructor can create an atmosphere which provides pleasure, protection and permission for the participants. This can be accomplished by educating participants about how to execute exercises safely and effectively. Teaching the names of specific muscles and joint actions will encourage participants to focus on the movement and become more body aware. Introducing intensity options will enable participants to select the appropriate exercise modification to suit their needs.

These options include variations in:

- hand positions (slice, punch, push, pull, and "webs");
- lever lengths (dorsi/plantar flexion, elbow/knee flexion);
- speed of movement (tempo, double or half time);
- range of motion (small, medium and large);

The aqua circuit class format can be approached from many different angles. Allow your creative juices to flow

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## Muscle Focus: The "Stations"

### Muscle Focus 1: Biceps and Triceps

Joint Action: Elbow flexion and extension

Variation: (a) ant. elb. flxt; (b) lat. elb. flxt; (c) post. elb. flxt

Complimentary Legs: narrow jog or march (n.j'om)

#### Arm Sequence:

- A (i) 1/2t ant. elb. flxt, hands slice or punch  
(ii) 1/2t ant. elb. flxt, palms up  
(iii) 1/2t ant. elb. flxt, palms down  
(iv) 1/2t ant. elb. flxt, hands slice or punch  
(walk it around from ant. to lat. elb. flxt. position)
- B Repeat (i), (ii), (iii); lat. elb. flxt.  
(iv) 1/2t lat elb. flxt; hands slice or punch  
(walk it around from lat. to post. position)
- C Repeat (i), (ii), (iii); post. elb. flxt.  
(iv) 1/2t post. elb. flxt; hands slice or punch  
(walk it around from post. to lat. position)
- D Repeat (i), (ii), (iii); lat. elb. flxt.  
(iv) 1/2t post. elb. flxt; hands slice or punch  
(walk it around from lat. to ant. position)

### Muscle Focus 2: Anterior, Medial and Posterior Deltoid, Latissimus Dorsi

Joint Action: Shoulder flexion and extension (sh. flxt.)  
Shoulder abduction and adduction (sh. abbie/add.)

Name of Exercise: Front arm raises = Sh. flxt.  
Side or lateral arm raises = Sh. abbie /add.

Variation: (a) ant. sh. flxt; (b) sh. abbie/add.; (c) post. sh. flxt.

Complimentary Legs: with (a): hamstring jog or march (h. j'om)  
with (b): jumping jack (jj)  
with (c): hamstring jog or march

Arm Sequence: Repeat as in Muscle Focus 1  
(A) ant. sh. flxt.  
(B) sh. abbie/add.  
(C) post. sh. flxt.  
(D) sh. abbie/add.

\* Transition (A) to (B); (B) to (C); (C) to (D); (D) to (A) : "walk it around" \*

**Muscle Focus 3:** Pectoralis Major, Anterior Deltoid

Joint Action: Shoulder joint horizontal adduction  
(minor sh. jt. hztl. abbie).

Name of Exercise: "Hugs" or Pec Flyes (sh. hztl. adds.)

Variation: (a) Superior (sup.) sh. hztl. adds.  
(b) Middle (mid.) sh. hztl. adds.  
(c) Inferior (inf) sh. hztl. adds.

Intensity Var'n: (d) elb. bent to 90°  
(e) arms in "C" shape  
(f) crossover arms at wrists in front of body  
(g) crossover arms at elbows in front of body

Complimentary Legs: pendulum (pd) or cross country ski (cc. ski)

Arm Sequence: "walking it down", "walking it up"

- A 1/2† sup. sh. hztl. adds., hands slice or punch
- B 1/2† sup. → mid. sh. hztl. adds., hands slice or punch
- C 1/2† mid. sh. hztl. adds., hands slice or punch
- D 1/2† mid. → inf. sh. hztl. adds., hands slice or punch
- E 1/2† inf. sh. hztl. adds., hands slice or punch
- F Repeat E 1/2† inf. sh. hztl. adds., hands flat against water, palms in
- G 1/2† inf. → mid. sh. hztl. adds., hands flat against water, palms in
- H 1/2† mid. sh. hztl. adds., hands flat against water, palms in
- I 1/2† mid. → sup. sh. hztl. adds., hands flat against water, palms in
- J 1/2† t sup. sh. hztl. adds., hands flat against water, palms in

**Muscle Focus 4:** Trapezius, Rhomboids, and Latissimus Dorsi

Joint Action: Shoulder Girdle Adduction (sh. grd. add.)  
Shoulder Joint Horizontal Abduction (sh. hztl. abbie)

Name of Exercise: Shoulder Blade Squeeze

Variation: (a) sup. sh. grd. add.  
(b) mid. sh. grd. add.  
(c) inf. sh. grd. add.

Complimentary Legs: wide jog or march (w. j'om)

Arm Sequence: Repeat Muscle Focus 3; focus on the reverse action.

**Muscle Focus 5:** Hip Abductors and Adductors  
Complimentary arms

**Muscle Focus 6:** Gluteus Maximus and Hamstrings (Hip Extensor role)  
Complimentary arms

**Muscle Focus 7:** Quadriceps and Hamstrings (Knee Extensor, Knee Flexion role)  
Complimentary arms

## Combination Stations:

Once the group has learned how to execute each muscle focus station safely and effectively and gained sufficient muscular strength and endurance they may be ready to progress to "combination stations".

The double positive (concentric) contractions that "naturally" occur when training in the water may be used to advantage.

For example: Combine Muscle Focus 3 (Pectorals) and Muscle Focus 4 (Rhomboids, Trapezius and Latissimus Dorsi) into one station. This will save time and allow other muscle focus stations to be added to the class design.

## Choreography Ideas: Cardio Routines

### Cardio 1

t n j'om  
transition n j'om ti w j'om  
t w j'om  
1/2t w j'om  
1/2t pdl  
1/2t hobby horse (hh)  
1/2t rocking horse (rh)  
1/2t n j'om  
t n j'om

### Cardio 3

t h j'om (dr flex)  
1/2t h j'om (pl flex)  
t dk k donkey kick (roger rabbit)  
1/2t dk k and narrow tuck jump (n tuk)  
1/2t dk k  
1/2t cc ski  
t cc ski  
1/2t cc ski  
t cc ski  
1/2t cc ski travelling pattern  
t cc ski  
1/2t cc ski  
t cc ski  
1/2t cc ski

### Cardio 2

t jj  
1/2t w sq (wide squat)  
1/2t side steps  
1/2t w sq  
1/2t add. jacks  
t jj  
1/2t jj  
1/2t n sq  
1/2t side steps  
1/2t n sq  
1/2t abbie jacks  
t jj

### Cardio 4

t w j'om  
1/2t w j'om  
1/2t w froggie curls  
1/2t w tuk to n tuk to w tuk  
1/2t w ck (wide corkscrew)  
t w ck hi  
t w ck lo  
transition w ck, n ck  
t n ck hi  
t n ck lo  
1/2t n ck rt  
1/2t n ck lt  
1/2t n tuk  
1/2t mogul tuk  
1/2t n tuk  
1/2t n j'om  
t n j'om t  
w j'om

## WHAT IS POWER UP: AQUA PUMP?

A "Power Up: Aqua Pump" session is not just your average aqua fitness class! It is considering the variables available that can be manipulated with aquatic exercise, applying and achieving an aqua fitness class that is "Pumped Up With Power."

Therefore, a "Power Up Aqua Pump" session is explosive, high intensity, and demanding, requiring endurance and a good level of water skills. This type of class can provide the client with an extremely challenging workout, whilst there still remains the ability for the session to be modified if required.

The following points should be considered when designing a "Power Up: Aqua Pump" class.

## CONSIDERATIONS

### ⇒ Precautions

- \* Water skills of participant
- \* Leadership skills
- \* A variety of variables
- \* Muscle balancing
- \* Injuries?
- \* Permission to modify
- \* Water depth

### ⇒ Advantages

- \* Variety
- \* Increased intensity
- \* Sense of achievement
- \* Graded timetabling
- \* Range of cliental

### ⇒ Intensity Variables

- \* Speed
- \* Lever Length
- \* Range Of Motion (ROM)
- \* Force
- \* Pitch Of Hands
- \* Arms Movements
- \* Travelling
- \* Level Changes
- \* Drag Forces

- \* Frontal Resistance
- \* Immersion
- \* Elevation &/Plyometrics
- \* Interval Training
- \* Distance Covered
- \* Pushing Off The Pool Bottom

None of these variables act individually, a combination will generally be at work at any one time.

## MUSIC

<b>ARTIST</b>	<b>TITLE</b>	<b>BPM</b>
<b>Warm Up</b>		
Kelly Marie	Feels Like I'm In Love	120
<b>Cardiovascular</b>		
Dr. Alban	Sing Hallelujah	124
Cut N Move	Give It Up	124
Midnight Shift	California Dreamin	124
Pat and Mick	Concrete Mix	124
DJ Les and Kool Kat	Sugar Sugar	125
Haddaway	What Is Love	125
M People	Movin On Up	125
R.J. and the Family	Gloria	125
<b>Cool Down</b>		
Sinitta	Aquarius	CDN

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## I WOULD LIKE TO THANK THE FOLLOWING

Presented In Alphabetical Order

**Aerobics 2000 (Marie & Chris)  
For Sponsoring The Music**

Robert Mayman  
Charlene Kopansky  
Irene Wallin  
All My Supporting Clients

# CHOREOGRAPHY

<b>MOVES</b>	<b>ARMS</b>	<b>TECHNICAL TIPS</b>
<b>Warm Up</b>		
<b>Part A</b>		
1. Side Step	Compl & Hands Slicing	Large Steps Travelling
2. Extensor Kick	Ext Fwd & Hands Slicing	Push Off The Bottom
<i>Repeat Sequence Other Side(O/S)</i>		
<b>Part B</b>		
3. Half Pendulum	Opp To Ext Leg	Slicing Hands
4. Twist	Compl	Punch Hands
<b>Part C</b>		
5. Step X	Compl & Hands Slicing	Travelling & Keep Hips Front
6. Alt X Kick	Alt Dble Swing	Flex At Hips & Pnt Toes
<i>Repeat Sequence O/S</i>		
<b>Part D</b>		
7. Half Pendulum O/S	Opp To Ext Leg	Slicing Hands
8. JJ Scissors	Compl & Slice Hands	Good Posture
<b>Link A+B+C+D &amp; Repeat</b>		

## **Cardiovascular**

<b>Part A</b>		
1. Dble Knee Tuck	Pulling Arms & Cup Hands	Lat Travel & Cover Distance
2. Extensor Kick	Use Pitch Of Hands	Fwd travel & Plymetrics
<i>Make a square.</i>		
<b>Part B</b>		
3. Pendulum	Opp To Ext Leg	Push Off Bottom
4. Knee High Twist	Cup Hands	Immersion
<b>Part C</b>		
5. Step X	Lat Pull	Ext Leg On X
6. Alt X Kick	Cup Hands	Fwd Travel & Plymetrics
<i>Make a square.</i>		
<b>Part D</b>		
7. Pendulum	Opp To Extended Leg	Push Off Bottom
8. Knee High JJ Scissors	Cup Hands	Immersion
<b>Link A+B, C+D &amp; Repeat</b>		

## **Combination A**

Power Rocking Horse	X Chest Pull Down	Diagl Travel Each Side
Knee High JJ	Compl	Moving Fwd
X Country Ski	Opp Arm To Leg	Moving Bwd

## **Combination B**

Levels JJ	Compl	Learn Levels(1, 2, 3, 4)
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## **Combination C**

Power Lateral Leap	Breast Stroke	Lateral Travel
JJ Jump	Low Lat Push	Plymetrics

*Repeat O/S*

## **Combination D**

Levels X Country Ski	Opp Arm To Leg	Learn Levels(1, 2, 3, 4)
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## **Combination E**

## MOVES

Twist Top  
X Body Kick & Pull  
*Repeat O/S*

### Combination F

Levels Dble Knee Tuck

### Link Combinations And Repeat

## ARMS

Same Arm As Leg  
Opp Arm To Leg

Opp To Legs

## TECHNICAL TIPS

Unilateral Travelling  
Full ROM & Plymetrics

Avoid Lumbar Hyperext

### Interval Training

Level 3 Lat Rock N Roll

Knee Lifts

Level 4 Lat Jazz Kick

Wide Knee Lifts

Level 3 Sit Kicks

Lucky Charm

Level 4 Extensors Kicks

Hamstring Run

Opp To Legs

Dble Palm Push Dwn

Dbl Lat Ext

Alt Palm Push Dwn

Tread Water

Opp Hand To Foot

Fwd Push & Pull

Dble Fwd Scoop

Fully Extend Legs (E)

Dble Time (A)

Full ROM (E)

Dble Time (A)

Boil Water With Legs (E)

Dble Time (A)

Lean Fwd (E)

Dble Time (A)

# Ratio 1:3

1=Aerobic (A)=20 secs 3=Endurance (E)=1 min

# Repeat Twice And/Or Repeat With Element Extraction: Eg Only Aerobic

### Combination A

1. Level 4 JJ

2. Level 3 JJ Tuck

*Repeat O/S*

Coml

Aid Suspension Of Body

↑ Resistance & Travelling

Body Alignment & Turning

### Combination B

3. Level 2 X Country Ski

4. Level 4 Karate Kicks

Compl & Cup Hands

Karate Blocks

Travel Fwd & Bwd

Immersion

### Combination C

5. Dog Paddle

6. Level 3 Jog Tyres

*Repeat O/S*

Under Water Reach

Aid Body Suspension

Look At Other End Of Pool

Body Alignment & Turning

### Combination D

7. Level 2 Ski Bounce

8. Wide Narrow Cossack

Opp To Body & Cup Hands

Follow Legs

Travel Fwd & Bwd

Immersion & Power Upthrust

### Link Together & Repeat

### Cool Down

Wide Leg Jog

Hamstring Curl Pendulum

Quad Stretch

Flex & Ext Hip

Calf Stretch

Hamstring Stretch

Abductor Stretch

Rocking Horse

*Repeat O/S*

Walk Puddles Fwd

Walk Puddles Bwd

Walk Puddles Fwd

Walk Puddles Bwd

Wide Leg Jog

Lat Slice

Pendulum Swing

Holding/Supporting Leg

Compl Slice

Helping To Balance Body

Supporting Leg

Support Body

Compound Arm Stretch

Natural Swing With Slice

Rhomboid Stretch

Pectoral Stretch

Natural Swing With Slice

Abdominal Stretch

M/ment To Keep Warm

Full ROM

Use Buoyancy Of Water

Lean Fwd With Ext

Hold Calf Dwn

Lift As High As Possible

M/ment To Keep Warm

Knees Bent & Short Levers

Large Steps

No Crashing

Large Steps

No Crashing

Clap To Finish