









## Workout Tips: A Cardio Focus









-  The exercises and movement patterns used during the cardio phase of the workout depends on the size, depth and temperature of the pool, as well as the needs of the participants.
-  Use music which is lively and motivating, with a positive message (118 to 128 beats per minute).
-  Give permission for participants to work at their own pace and to modify the movements to suit their needs.
-  Teach participants how to monitor their exertion including: Target Heart Rate: THR, Rate of Perceived Exertion: RPE, and the Talk Test. Use a variety of these monitoring techniques throughout the class to help participants assess how hard they are working.
-  Participants will need practice in finding and counting their pulse or using Rate of Perceived Exertion: RPE.
-  Many movements utilized during the warm up can be modified to suit the cardio phase of the class by manipulating the factors which affect exercise intensity: surface area, lever length, buoyancy options (Light bounce: L, Anchored: A, Propulsion: P, and Suspension: S - LAPS), speed of motion (slow, medium and fast) and range of motion (small, medium and large).
-  Use a combination of tempo, half tempo and double tempo to move muscles and joints in a variety of ways.
-  Remind participants of the intensity options (using verbal and visual cues) and encourage them to take responsibility for keeping their heart rate elevated into the target zone and modifying the movements to suit their needs.



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-  Do twisting and swivelling at half tempo and tempo (with appropriate caution). Do not twist and swivel for extended periods of time. Intersperse movements that do not involve spinal rotation to avoid overuse injuries.
-  Add buoyancy manipulations where appropriate (LAPS) manipulations. For example, cue propulsion movements focusing on a feeling of power: integrate strong, anchored movements to increase intensity.
-  Muscles conditioning exercises can be integrated into the cardio phase for short periods of time. Be sure the work is intense enough to keep heart rates elevated to at least the lower 'training zone' limit.
-  Avoid static stretching movements during the cardio phase since this would cause the heart rate: HR to drop below the training zone. Instead do the stretch during the stretch and relaxation phase at the end of the class.
-  Use a variety of movements, which involve different joint actions (For example: shoulder joint abduction and adduction – 'jumping jack arms'; shoulder joint flexion and extension – 'cross country ski arms'; shoulder joint horizontal adduction and abduction – 'chest hug and blade squeeze' arms; shoulder joint internal and external rotation – 'rotator cuff arms')
-  Avoid overuse of a particular muscle group. Design exercise sequences that encourage muscle balance. For example: Avoid overuse of hip flexors (continual jogging or marching or continual tucking: 'narrow, wide or mogul tucks'). Include hip extensor work ('hamstring jogormarch' or 'skate ski') to balance muscle usage.
-  Use interesting arm and leg combinations or movement combinations to stimulate the mind, body and spirit.