

Appendix E: Sample Aqua Muscle Class

Warm-up – Adapt the exercises according to your pool facilities - notice the temperature of the water and the audience.

Legs	Arms	LAPS	Counts	Tempo	Verbal Cues	Visual Cues
n knee lift (n jog)	alt fwd elb flxt uni fwd elb flxt	Light bounce	32 count	on t	Let's go	Point to muscles working Long spine Chin in, shoulders back
w knee lift (w jog)	alt hh uni hh	L	32 count	1/2 t 1/2 t	Tall body Firm wrist	show knee positions & slice hand position
x knee lift (x jog)	alt x fr elb flxt	L	32 count	1/2 t 1/2 t	Control spinal rotation Toe- ball-heel landing	show line of pull of abs working – reach rib to opposite hip
glut max jog	alt dia reach down twd feet	L	32 count	1/2 t	Rotate externally at hip	hit gluteus muscles show strength
srt leg lift	'srt. arms'	L	32 count	1/2 t	Long arms Neutral spin Add bounce	hit hamstrings – show firm body position
ski	alt ski	L	32 count	1/2 t	Feel the water lift your body	focus on posterior phase
ski pause	alt ski/uni hh combo	L	32 count	1/2 t	Long levers Go the max distance	long arms with full range of motion push/pull show strong stop position
ski pause/jack combo	alt ski/uni hh/ x fr jj/uni hh combo	L	32 count	1/2 t	Let it go Can you wiggle?	show having fun on the 'wiggly' part
jack	x fr jj 1 fr/1 bk	L	32 count	1/2 t	Soft knees Alternate arms	wide legs
n swivel	alt hi tzn	L	32 count	on t	Control the swivel	indicate all four abs activated

Warm up continued on next page....

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alt x quad-hammie	bow n' arrow	L	32 count	1/2 t	Warm up those quads	point to / massage quads
alt n quad-hammie	alt hi tzn uni hi tzn uni tri kback	L	16 cts 32 cts 16 cts	1/2 t	long, strong back	chin in, show full ROM point to triceps working indicate elbows remain pointing back
alt w quad-hammie	uni tri kback uni wwipers	L	16 cts 16 cts	1/2 t	open up, hip rotation shoulders relax	show firm arms show strong legs
pdl	lo pdl	L	32 cts	1/2 t	long legs reaching long arms reaching	indicate full ROM one leg "kicks" the other leg
alt w ham curl	lo pdl uni upper cut	L	16 cts 16 cts	1/2 t	feel the "hammies" create a geyser with hands	point to hamstrings working show full ROM
alt n ham curl	uni upper cut (short lever uni x ski arms)	L	32 cts	1/2 t	take control, feel good	indicate feet & knees close together, long body
n rh (rt)	uni x ski	L	32 cts	1/2 t	arms in opposition reach all the way back	indicate back position indicate torso position
bob	skipping rope	L	32 cts	1/2 t	two foot landing	long spine, open chest
n rh (lt)	hug n' sq	L	32 cts	1/2 t	arms in opposition	open chest, open back
bob	skipping rope	L	32 cts	1/2 t	toe ball heel landing	show level pelvis
n tk	uni hh	L	32 cts	1/2 t	reach to feet, reach to 'pits'	show ab focus, then long back, for full ROM, 'hips to ribs'
n tk/jack combo	hh then wide arms to sides	L	32 cts	1/2 t	say the move: TUCK! JACK!	Abdominal, core stability
n Sw	alt br stk	L	32 cts	1/2 t	feel the obliques working	show suspended and travel to deep area
sit tripod	rotator cuff	L	32 cts	1/2t	coordination culprit	show 'oppositional' arms

That's it for the warm up!

Muscle Group: Quadriceps

30 seconds high intensity with quadriceps focus, followed by 60 seconds recovery with spinal rotation focus

Muscle Focus	Leg Move	Arm Move	Time (sec)	Tempo	Verbal Cues	Visual Cues
Quads 1 st set phase	Alternate Narrow Quad-Hammie Kicks	Alt hi tzn arms	30 s	on t	Full knee extension/flexion Strong forward leg push Soft knees	Touch quad Show movement reminding them to do alternate legs
AB phase	Kneeling ham swivel	Unison rotator cuff arms	60 s	1/2 t	Strong arm pulls	Shoulders back Strong torso Oblique focus
Repeat four times: Total time = 6 minutes						

Muscle Group: Triceps

30 seconds high intensity with triceps focus, followed by 60 seconds recovery with spinal flexion and extension focus

Muscle Focus	Leg Move	Arm Move	Time (sec)	Tempo	Verbal Cues	Visual Cues
Triceps 1 st set phase	Jack legs	Uni triceps kickback	30 s	on t	Full ROM & Vertical body Shoulders down Chin in Choose slice, fist or flat hand	Touch triceps Show movement starting with hands at waist, elbows pt up & back, elbows remain stationary
AB phase	Narrow tuck	Jack arms	60 s	1/2 t	Tiny tuck, full extension	Show full range of motion Strong torso
Repeat four times: Total time = 6 minutes						