

WINNING AQUA WARM UPS

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The Canadian Aquafitness Leaders Alliance Inc. (CALA) has established guidelines which will create a professional and unified approach to leading aquafitness classes. Following are a sampling of these guidelines. Integrating these standards into your aquafitness classes will ensure you are current and safe in your approach.



- all arms remain under the water throughout every movement in the warm up and workout phase of a class
- whenever possible, all participants exercise while in chest to shoulder depth water during a "shallow water" class
- alignment cues:
 - abdominals are contracted
 - back and spine remain long and strong
 - chest is up and open
 - hips are in neutral
 - joints remain soft
 - breathe rhythmically and comfortably
 - shoulders are down and relaxed, neck is long

The warm up is a crucial part of any fitness classes. It is vitally important to integrate the mind, the body and the spirit into the design and delivery of a warm up. Let's consider how leaders can encourage the mind to discover, the body to move and the spirit to soar.

Record how to activate the mind during the warm up...

Record how to motivate the body during the warm up...

Record how to stimulate the spirit during the warm up...

Following are eight creative combinations which will add interest, challenge and fun to your classes. Feel free to modify the routines to suit your participant population. Use these choreography notes to get your own creative juices flowing. Remember to provide a warm and welcoming environment to ensure your class always begins with a WINNING AQUA WARM UP!!!

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COMBINATION # 1: **K.I.S.S. (KEEP IT SUBLIMELY SIMPLE)**

- Movement One: 1/2 t. n. j'om. alt. x. ski arms
"long arm reaches; knees up"
- Movement Two: 1/2 t. x. j'om. alt. x. reach arms
"oblique focus; inner thigh squeeze"
- Movement Three: 1/2 t. w. j'om. uni. w. reach arms
"elbows pull to waist; arms reach wide"
- Movement Four: 1/2 t. pdl. uni. lo swing arms
"long back; open chest"
- Movement Five: 1/2 t. "torso" pdl. uni. diag. reach arms
"turn torso away from leg"
- Movement Six: 1/2 t. w. ham. j'om. uni. horiz. wrap arms
"lift heels to gluteals; hips in neutral; body vertical"
- Movement Seven: 1/2 t. n. ham. j'om. uni. lo x. elbs. frt. & bk.
"knees point down"
- Movement Eight: 1/2 t. srt. j'om. alt. lo diag. reach arms
"rotate out at the hip; squeeze the gluteus maximus; reach toward the opposite leg"

Things to consider:

- all movements are O.T.S., however, "movement off the spot" can be effectively integrated into this combination.
- all arms movements are done with a slice position of the hands (with the option to "fist" or "web" the water with the hands)
- movements may be performed with various impact options including:
 - (a) A: Anchored: negligible impact, no bounce
 - (b) L: Light impact, light bounce

COMBINATION # 2: COWBOY CAPERS

- Movement 1: O.T.S. 1/2 t. alt. n. qd. k.
alt. elb. flxt.; elbs. at waist, hands in front of body
"keep elbows tight to the body; push the water with the shin"
- Movement 2: ---->(travel fwd) 1/2 t. alt. n. qd k.
same arms as above
- Movement 3: O.T.S. 1/2 t. alt. w. qd. k.
uni. elb. flxt.; elbs. at waist, hands to sides of body
"lift knees towards armpits"
- Movement 4: <----(travel bwd) 1/2 t. alt.n. qd. k.
same arms as mvt. # 1
- Movement 5: O.T.S. sl. ski (x ski performed with a sliding action)
alt. hi elb. flxt./sh. flxt. combo arms
"keep the shoulders under the water, push the water in front and behind;
slide the feet close to pool bottom"
- Movement 6: O.T.S. sl. ski/n tk. combo; 1,2,3...and tuck
arms same as above on 1,2,3, cts., then push both
hands down towards the pool bottom in front of the thighs on ct. 4
- Movement 7: O.T.S. same as mvt. # 6, add a 1/4 turn on n. tk (ct. 4)
arms as above
"look to where you are turning"
- Movement 8: O.T.S. same as mvt. # 6, add a 1/2 turn on n. tk (ct. 4)
arms as above
- Movement 9: O.T.S. abdo jj
uni. hztl. wrap arms
"feel a strong abdominal "crunch" contraction; remain O.T.S."
- Movement 10: <----(travel bwd) abdo jj
uni. hztl. wrap arms
"squeeze the water with your arms"
- Movement 11: O.T.S. funky jj
uni. jj arms on cts. 1,2; uni.reach arms at ch ht. in front
"get 'funky'; with attitude"
- Movement 12: ---->(travel fwd.) abdo jj
uni. breast stroke arms "squeeze blades"
- Movement 13, 14, 15 & 16: Add an alt. n. & w. "cowboy" qd. k. combo
"get that country hoe down feeling"

COMBINATION # 3: BROADWAY BONANZA

- Movement One: 1/2 t. n. j'om. uni. rotator cuff arms "flasher"
"keep elbs. tight to the waist"
- Movement Two: 1/2 t. r.h. uni. x ski arms
"start arms to back; arms opposite legs"
- Movement Three: 1/2 hob. h. uni. reverse breast stroke arms
"pull elbs. back to start arms; sweep water forward"
- Movement Four: 1/2 t. stag pdl. uni. hztl. figure eights
"sweep below the surface of the water"
- Movement Five: ----->(travel laterally) stag pdl.
uni. hztl. sweep/lo sweep arms combo
"half moon arms"
- Movement Six: 1/2 t. w. j'om. uni. diag. reach arms
- Movement Seven: 1/2 t. n. j'om. uni. scoop & push up & fwd arms
"upper cut arms"
- Movement Eight: 1/2 t. n. tk. uni. push down arms
"prepare for a leg change"

Things To Consider:

- mix & match stationary & travelling movements
- cue the leg change, repeat the sequence leading with the other leg

COMBINATION # 4: LATINO COMBO

- Movement One: 1/2 t. or t. n. j'om. alt. punch fwd at chest height (1,2 "cha cha cha")
- Movement Two: 1/2 t. x. j'om. alt. x punch at chest height
- Movement Three: 1/2 t. x. j'om/alt. x. qd. k. combo
uni. hztl. sweep/uni. push down along side
of opposite leg
- Movement Four: 1/2 t. or t. lo w. sw./ t. n. hi sw. (1,2 "cha, cha, cha")
uni. hztl. figure eights
*tricky transition, option to add other moves to make it smoother.
- Movement Five: 1/2 t. sk. ski uni. x. ski arms
- Movement Six: 1/2 t. sk. ski *rhythm change to sgl. sgl. dbl.
same arms as in # 5
- Movement Seven: 1/2 t. sk. ski same rhythm as in # 6; with groovy knee lift
same arms as in # 5
- Movement Eight: 1/2 t. d. k. uni. punch to front of body at chest height
*option to add a 1/2 t. d. k./ n. tk. combo for adv. participants

Things To Consider:

- allow yourself to "play" with the rhythms & have some fun
- mix & match the tempos until you find a rhythm you are comfortable, remember you can always "fool around" with the tempo & rhythm once you & your participants are comfortable

COMBINATION # 5: SAUCY SWINGERS

Movement One:	1/2 t. n. j'om.	1/2 t. uni br. str. arms	O.T.S.
Movement Two:	1/2 t. n. ham. j'om.	1/2 t. uni br. str. arms	O.T.S.
Movement Three:	1/2 t. sk. ski.	uni. x. ski arms	O.T.S.
Movement Four:	1/2 t. rpt. n. leg swg (rt)	alt. x. ski arms	O.T.S.
Movement Five:	1/2 t. rpt. n. leg swg (lt) * jump feet together on last count to prepare to change sides.	alt. x. ski arms	O.T.S.
Movement Six:	1/2 t. srt. j'om * free leg starts the movement.	alt. rev. br. str. arms	O.T.S.
Movement Seven:	1/2 t. rpt. srt. leg swg (rt)	alt. rev. br. str. arms	O.T.S.
Movement Eight:	1/2 t. rpt. srt. leg swg (lt)	alt. rev. br. str. arms	O.T.S.

Things To Consider:

- hands always slicing unless superfit participant
- option to shorten lever (ie. bend knee) to decrease the intensity of the movements
- focus on spinal rotation (oblique abdominal muscle action) during movement # 6, 7, & 8
- on the breast stroke arms, cross a different arm on top on each repetition
- allow the free leg to swing forward on the leg swings

COMBINATION # 6: TRAVELLING SEAHORSE

Movement One:	1/2 t. w. j'om.	1/2 t. uni w. sc. psh. arms "choo choo arms"	fwd...
Movement Two:	1/2 t. w. j'om.	1/2 t. uni sd. pch arms *push along either side of knee	O.T.S.
Movement Two:	1/2 t. n. j'om.	uni. w. long arm reaches	O.T.S.
Movement Three:	1/2 t. alt. n. qd. k.	1/2 t. rev. w. sc. psh. arms * rev. "choo choo arms"	bwd..
Movement Four:	1/2 t. alt. n. qd. k.	t. uni. elb. flxt. arms * elbows stay close to waist	O.T.S.
Movement Five:	1/2 t. n. ham. j'om.	alt. elb. flxt. arms	O.T.S.
Movement Six:	1/2 t. rpt. n. cyc. (rt)	n. sc. psh. arms	fwd...
Movement Seven:	1/2 t. n. ham. j'om.	alt. elb. flxt. arms	1/2 turn
Movement Eight:	1/2 t. rpt. n. cyc. (lt)	n. sc. psh. arms	fwd...

Things To Consider:

- feel the quads working on the kick, focus on the knee extension action
- adding directional changes to challenge the mind (keep them in the "here and now" - focussed)
- you may find it necessary to keep the arms the same before changing the legs

COMBINATION #7: RING MY BELL

Movement One:	1/2 t. alt. n. qd. k.	1/2 t. hztl wrap arms * light n'low, "wrap the body" * focuses on "torso" warming up!	O.T.S.
Movement Two:	1/2 t. alt. w. qd.k..	lo swing arms * light n'low (arms same side as leg lifting) * focus on looking toward the lifting leg!	O.T.S.
Movement Three:	1/2 t. pdl.	uni. lo swing arms * momentary hold on arms	O.T.S.
Movement Four:	1/2 t. pdl.	uni. lo swing arms * arms on opposite side to leg lifting	O.T.S.
Movement Five:	1/2 torso pdl.	uni. psh n' pull arms	O.T.S.
Movement Six:	1/2 t. pdl.	uni. n. psh n' pull arms	O.T.S.
Movement Seven:	1/2 t. sk ski.	uni. n. psh n' pull arms	O.T.S.
Movement Eight:	1/2 t. sk. ski.	uni. hi. tzn. arms * elbows point to sides	O.T.S.

Things To Consider:

- To repeat this combo do Movement # 8 then Mvt. # 7 then Mvt. #6...and so on
- Shoulders rounded, shoulders out, arms follow.

COMBINATION #8: JACK 'N JILL SKI

Movement One:	1/2 t. jj.	hi jj. arms * x. over at chest height	O.T.S.
Movement Two:	1/2 t. x. ski	x. ski arms	fwd...
Movement Three:	1/2 t. x. ski	lo jj. arms * x. over at thigh height	O.T.S.
Movement Four:	1/2 t. sl. ski 3 sl. ski, 1 n. tk.	lo jj arms/ uni. psh. dn. arms * x. over at thigh height	O.T.S.
Movement Five:	1/2 t. abdo jj.	uni. rev. br. str. arms	bwd..
Movement Six:	1/2 t. jj. (jill) * when the legs are abducted, arms are crossed in front of chest, * on the change to move # 7, momentarily hold arms crossed	hi jj. arms (legs wide, arms x)	O.T.S.
Movement Seven:	1/2 t. sk ski.	x. ski arms	O.T.S.
Movement Eight:	t. x. ski.	t. uni. x. ski arms	O.T.S.

Things To Consider:

- Strong abdominal action on the abdo jacks (movement # 5)
- Bring legs tight together (hip adduction) on every jack repetition
- Option to do powerful propulsion oor light bounce on Movement # 7
- Change the arm that crosses on top on every repetition.
- Pool size and set up will affect the travelling patterns that are utilized.