

COTTAGE FROLICS - PARTICIPANT HANDOUT

by Charlene Kopansky, CALA Founder and President

This summer, take your Aquafitness Routine to Cottage Country, the Ocean, your neighborhood pool or local swimming 'hole'.

Why do it?

- enjoy a non impact (if you exercise in deep water with a flotation belt) or low impact (if you exercise in chest deep water, touching the bottom) workout environment: the water is buoyant and 'takes the load off your joints'
- remain refreshed and cool even while you are exercising: the water conducts heat away from your body and is usually cooler than the air temperature during summer
- get an excellent cardio and muscle conditioning workout tailored to your fitness level: the water provides resistance to movement in all direction
- if you 'drive' your body through the water rather than merely 'drifting' you will feel the intensity
- add 'zest' and variety to your workout program: aquafitness is a great alternative or addition to swimming, kayaking, canoeing, wind surfing or other such 'summery' water based activities
- feel the 'multi-directional resistance': no matter which way you move, you encounter resistance and you can modify your speed of movement and hand position to make the exercise easier or harder
- experience a balanced workout which will keep you injury free and strengthen your body core
- avoid the bugs and the summer heat while immersed in water - wear a hat, so the bugs cannot get in your hair!



Who can do it?

- anyone can do this workout with a buddy (enjoy the companionship) or in a safe place on your own (enjoy the solitude) - when others see how much fun you are having, they will want to join in!

Where can you do it?

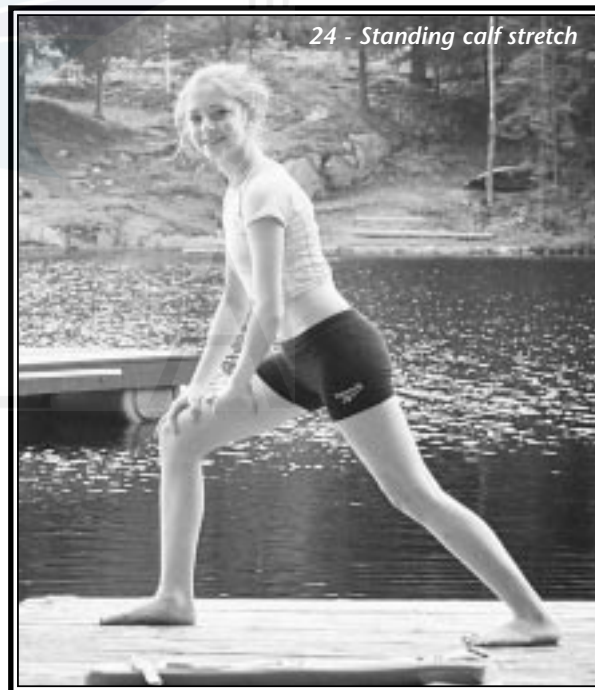
- go to the lake, ocean, river, neighborhood pool or nearest swimming 'hole' - select a safe area, free of motorized water craft and other hazards
- ask a friend to accompany you - in a canoe, row boat or on a floating mattress, to assist and motivate you

What do you need to do it?

- wear a flotation belt (available through CALA) to keep your mouth above water, so that you can breathe and to keep your hands free so you can exercise your body effectively
- wear an old pair of running shoes with holes drilled in the bottom if you decide to do the water workout in armpit depth water (or purchase an excellent pair of RYKA Aqua shoes, designed for water exercise, through CALA)
- use music to motivate and pass the time (specific aquafitness music is available through CALA): a battery operated music player is recommended if the equipment is anywhere near water

How long do I do it?

- use discretion, if you have not been exercising for quite some time, start with 10 minutes and gradually build to a longer routine
- get permission from your doctor to start an exercise routine
- listen carefully to your body before, during and after the exercise and make a decision from a safety point of view about how hard you are going to exercise



24 - Standing calf stretch

What exercises can I do?

Following is a Sample Aquafitness Routine based on 30 - 60 minutes of exercising in either: armpit depth, or deep water.

- * modify the exercises, intensity and length to suit your specific needs - KEEP IT SAFE & ENJOYABLE - then you will go back for more!
- the routine consists of a warm up, a workout and a cool down: stretch and relaxation phase

A. WARM UP PHASE - based on 30 - 60 routine Warm up phase: to prepare the body, mind and spirit for the workout to come. Length of the warm up: depending on one's fitness level and how cold the water is: 7 - 15 minutes (longer if the water is colder and/or your fitness or energy level is low)

Things to consider:

- be able to talk in short sentences while doing the warmup
- increase heart rate and respiratory rate gradually
- lubricate the joints with full range of motion moves
- warm up your muscles to increase elasticity
- get mentally focused on the workout ahead

Suggested movements:

Do one to two minutes or 60 - 120 counts of each of the following exercises at a comfortable pace.

At the beginning of the warm up phase:

- Do jogging or marching style legs with jogging style arm action - Try three variations:
 - a) narrow jogormarch (n j'om)¹
 - b) wide jogormarch (w j'om)²
 - c) wide hamstring jogormarch (w ham j'om)³

As you begin to feel 'warmer' continue with:

- Jumping jack legs with jumping jack arm action (jj)⁴
- Cross country ski legs with cross country ski arm action (x ski)⁵

Near the end of the warm up phase:

- Do 30 - 60 seconds of swiveling - two variations:
 - a) narrow swivel (n sw)⁶
 - b) wide swivel (w sw)⁷

B. CARDIOVASCULAR TRAINING and MUSCLE CONDITIONING

Workout Phase: Due to the resistance of water, cardiovascular training and muscle conditioning happen simultaneously because you are literally pumping water. The purpose is to burn calories and condition the body while remaining comfortable.

Length of the workout phase: 10 - 30 minutes (depending on fitness level and personal goals)

Things to consider:

- be able to talk in short sentences while doing the workout
- be aware that heart rate is elevated and your rate and depth of breathing have increased - but you are feeling comfortable
- keep joints unlocked
- breathe evenly

Suggested movements for the workout phase:

Do one to two minutes or 60 - 120 counts of each of the following exercises at a pace more intense than the warm up:

Cardiovascular Training Focus: Specific leg moves with complementary arms:

- Crossover jogormarch (x j'om) with kayak arms (front kayak arms)⁸
- Mogul tuck (mgl tk) adding arms which reach away from the legs just below the water, when the legs are straightening and reach towards the feet, when the legs are tucking towards the chest⁹
- Sartorius jogormarch (srt j'om) with one hand reaching across body towards the inside of the opposite calf while the other arm reaches to the side of the body, just below the water (srt arms)¹⁰
- Wide tuck (w tk) with both hands reaching straight down to the bottom of the 'bottom of the 'lake'' between the thighs (mod uni hh)¹¹
- Narrow hamstring jogormarch (n ham j'om) with alternate hand reaching to the opposite heel (alt hh)¹²

Tips for Arm actions:

- keep legs moving while doing arm actions
- always work in your zone of comfort, listening to your body signals and modifying the exercises
- make a fist or a paddle with the hand, keep the wrist firm and execute full range of motion
- if the exercise is too vigorous, return to a slice hand position, or slow down the movement

Muscle Conditioning Focus: Specific arm moves:

Do each of these exercises from 1 to 4 minutes, or when you feel a gentle fatigue of the muscles.

- Bicep curls (alt hi tzn) — focus on the front of the upper arm (the 'popeye' muscle)¹³
- Triceps kickback (alt tri kbk) — focus on the back of the upper arm¹⁴
- Unison breast stroke (uni br str) — focus on squeezing the upper and middle back as arms pull back¹⁵
- Rotator cuff exercises "flasher"(alt rc/fl arms) — focus on the shoulder muscles, the front and the back (the name says it all!)¹⁶

Tips for Leg actions:

- keep arms moving while performing leg actions
- always work in your zone of comfort, listening to your body signals and modifying the exercises accordingly
- keep knees slightly bent when straightening them and execute full range of motion



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

alt n fwd elb flxt



n j'om

alt w fwd elb flxt



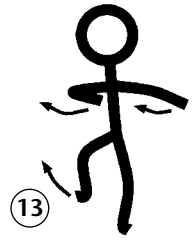
w j'om

alt hh



n ham j'om

alt hi tzn



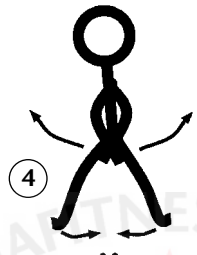
alt w qd k

uni bi/tri erl



w ham j'om

uni x fr jj arms



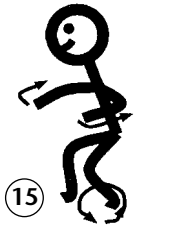
jj

alt tri kbk



alt n qd k

uni br str



sit n eye

alt x ski arms



x ski

uni br str

alt br str



n sw

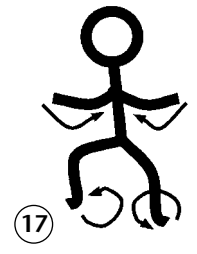
front kayak

alt rc/fl arms

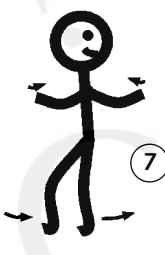


abdo ski

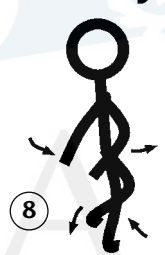
uni rev br str



sit w eye

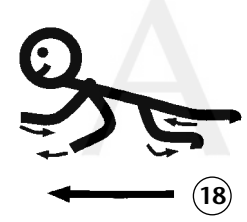


w sw



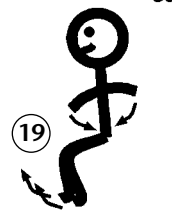
x j'om

n dog paddle arms



n dog

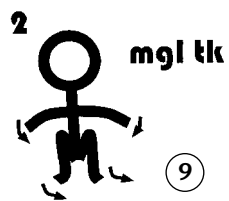
uni x bk jj



uni n qd k



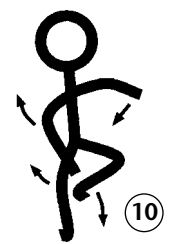
srt arms



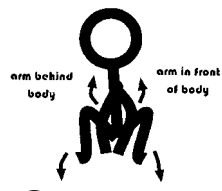
mgl tk

9

front kayak

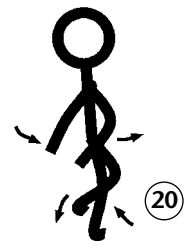


srt j'om

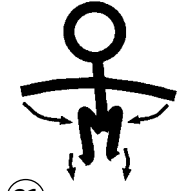


11

w tk



x j'om



21

n tk

Muscle Conditioning Focus: Specific leg moves:

Do each of these exercises from 1 to 4 minutes, or when you feel a gentle fatigue of the muscles.

- Wide sitting cycle (w sit cyc): focus on making a circle with the feet, pulling the heels to the gluteals (deep water) or wide jogormarch: focus on lightly bouncing off the bottom, land softly (armpit deep water)¹⁷
- Narrow doggie in deep water (n dog): focus on jogging in a forward-leaning diagonal or narrow jogormarch: focus on lightly bouncing off the bottom, land softly (armpit deep water)^{18/1}
- Narrow quad kick (uni n qd k)— focus on kicking from the knee, push the water with the front of your shin and keep the knee unlocked, try to do a full range of motion in your 'pain free zone'¹⁹



22 - Standing quadriceps stretch

Muscle Conditioning Focus: Specific abdominal moves:

Do each of these exercises from 1 to 4 minutes, or when you feel a gentle fatigue of muscles.

- Kayak arms (front kayak arms): figure 8 pattern with arms under the water while doing a narrow swivel, pretend you are kayaking²⁰
- Narrow tuck with the legs: unison hammer hands with the arms, think about bringing your hips to your ribs while activating the abdominal muscles, then straightening the body completely into a vertical standing position. Reach hands towards sides of feet on the tuck phase and hands towards armpits on the standing or vertical phase of the movement (n tk)²¹



23 - Standing hamstring stretch

C. COOL DOWN - STRETCH and RELAXATION PHASE

Length of the stretch: 3 - 5 minutes (depending on temperature of water), if water is too cold, find a warm, sunny spot and stretch on land.

Things to consider:

- let go of tension and feel the muscles lengthening, stretch in your zone of comfort, an 'ouch pain' means you are stretching too far
- enjoy the stretch and use slow, uplifting and relaxing music that makes you feel good



25 - Standing triceps stretch

Suggested movements for the stretch phase: hold each position for at least eight seconds if you are in the water; while stretching the upper body, you may want to jog lightly to keep the entire body warm. Remember the water likes to conduct heat away from the body. Try to avoid getting cold during this phase, the muscles will not stretch effectively if they are cold. Move to chest deep water for the stretches and hold on to the dock for stability:

- standing quadriceps stretch²²
- standing hamstring stretch²³
- standing calf stretch²⁴
- standing triceps stretch²⁵
- standing chest stretch²⁶
- standing upper back stretch²⁷



26 - Standing chest stretch



27 - Standing upper back stretch