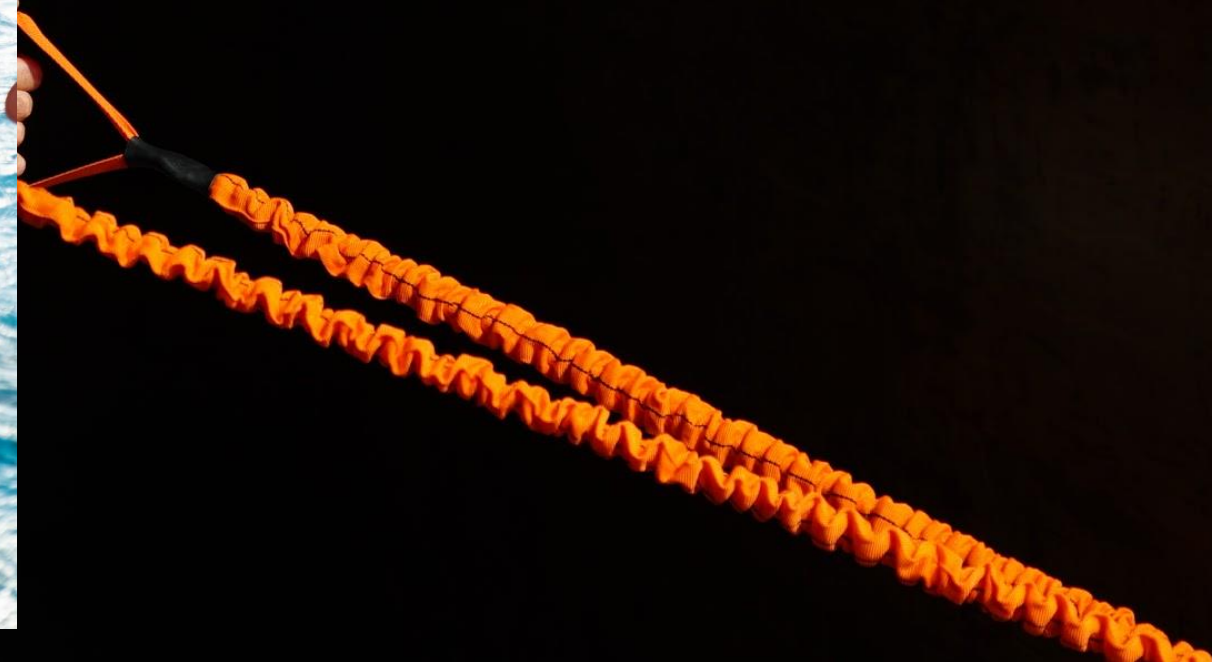




STROOPS AQUA BOOTCAMP

Consistent Resistance



What we will cover

- ❖ How developed
- ❖ They wont come to us so we go to them
- ❖ Who is this for
- ❖ Think outside the box
- ❖ Gravity verse buoyancy
- ❖ Benefits of muscle trading and seniors

Health benefits of resistance training

Physical and mental health benefits that can be achieved through resistance training include:

- improved muscle strength and tone – to protect your joints from injury
- maintaining flexibility and balance, which can help you remain independent as you age
- weight management and increased muscle-to-fat ratio – as you gain muscle, your body burns more kilojoules when at rest
- may help reduce or prevent cognitive decline in older people
- greater stamina – as you grow stronger, you won't get tired as easily
- prevention or control of chronic conditions such as [diabetes](#), [heart disease](#), [arthritis](#), [back pain](#), [depression](#) and [obesity](#)
- [pain management](#)
- improved mobility and balance
- improved posture
- decreased risk of injury
- increased bone density and strength and reduced risk of [osteoporosis](#)
- improved sense of wellbeing – resistance training may boost your self-confidence, improve your body image and your mood
- improved sleep and avoidance of insomnia
- increased self-esteem
- enhanced performance of everyday tasks.

WITH CHANGE WE GET CHANGE

Muscle Actions

During exercise, muscles can develop tension while shortening, lengthening or staying the same length. Muscle ISONTONIC CONTRACTIONS

When a muscle changes length against a force, resulting in movement, or a constant load (for example, a dumbbell) is moved through a range of motion of the involved joint, this is a classic strength move requiring an isotonic contraction of the muscle.

Within an isotonic contraction, there are two phases:

CONCENTRIC: The muscle SHORTENS against the force; usually this is the more difficult of the 2 phases; this is when we “concentrate” on making the exhalation, we have to push hard or think of “flexing”. In a biceps curl, it is during the actual curl phase, when you shorten the angle at the elbow joint.

ECCENTRIC: The muscle LENGTHENS against the force; this is the phase that is responsible for making us sore, often times referred to as a “negative” contraction. In a biceps curl, it is when you are lowering the weight., known as concentric contraction, forces a joint angle to decrease. Muscle lengthening, known as eccentric contraction, causes a joint angle to increase. When tension develops in a muscle but the length does not change, the joint does not move, and the contraction is said to be isometric. When comparing isotonic to isometric exercise, you are comparing exercises that respectively initiate joint movement to exercises that are static, causing no movement

Why is important to use all planes of motion?

Sagittal Plane

Divides the body in half, left and right

Frontal Plane:

Divides the body front and back

Transverse Plane:

Divides the body in half, top and bottom

What is Functional, Integrated Training?

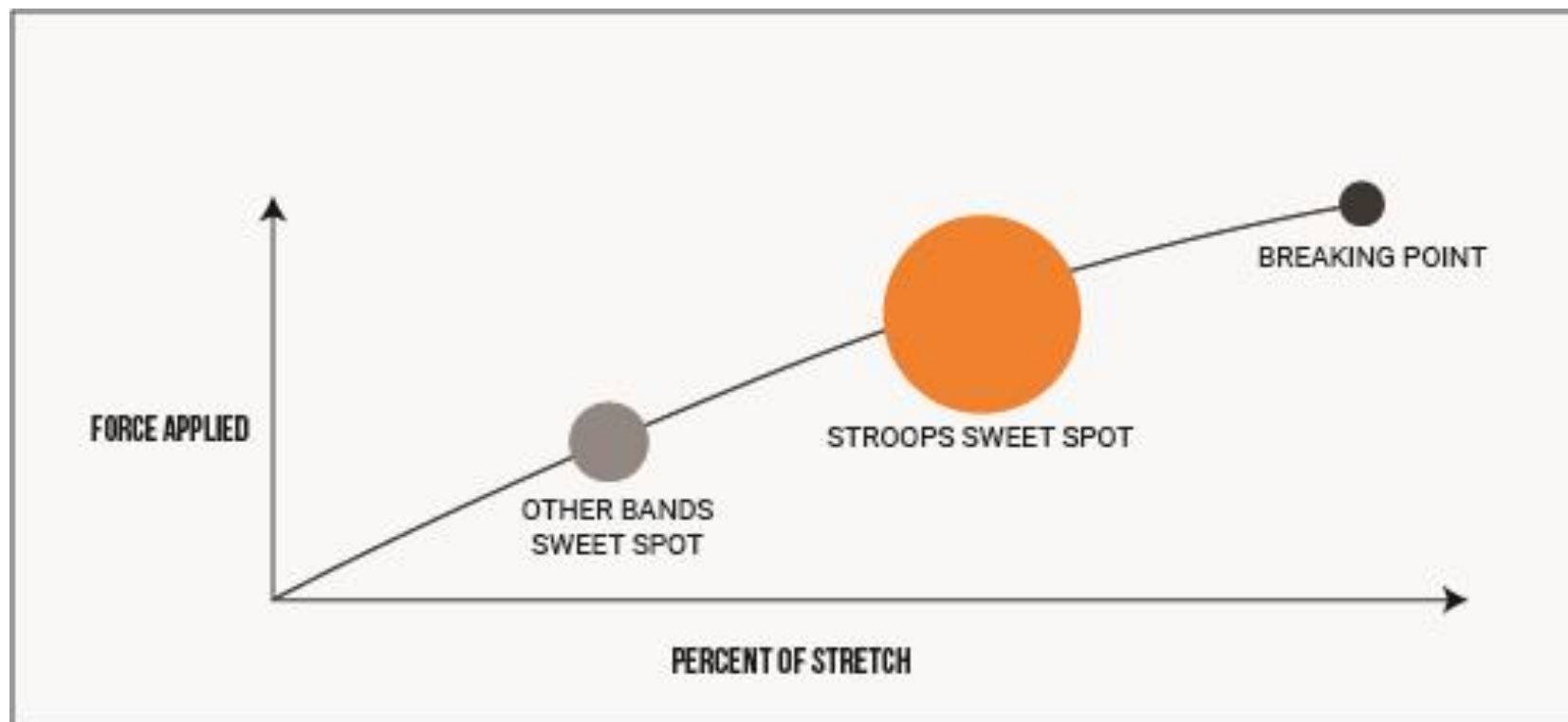
Training:

- To improve ADL (activities of daily living)
- With integrated, whole-body movements; rather than muscle isolation
- With variations of multi-joint-multi-planar movements
- With a purpose
- For performance



Comparison: Slastix vs. Naked Tubing

Without the protection and stretch limitation of the safety sleeve, the life of naked elastic is significantly shorter than that of Slastix.



Naked Tubing vs. Slastix

Naked Tubing

- Overstretching
- Nicks and Cuts
- Skin Irritations
- Pinching
- Deterioration
- Erosion and Breakdown

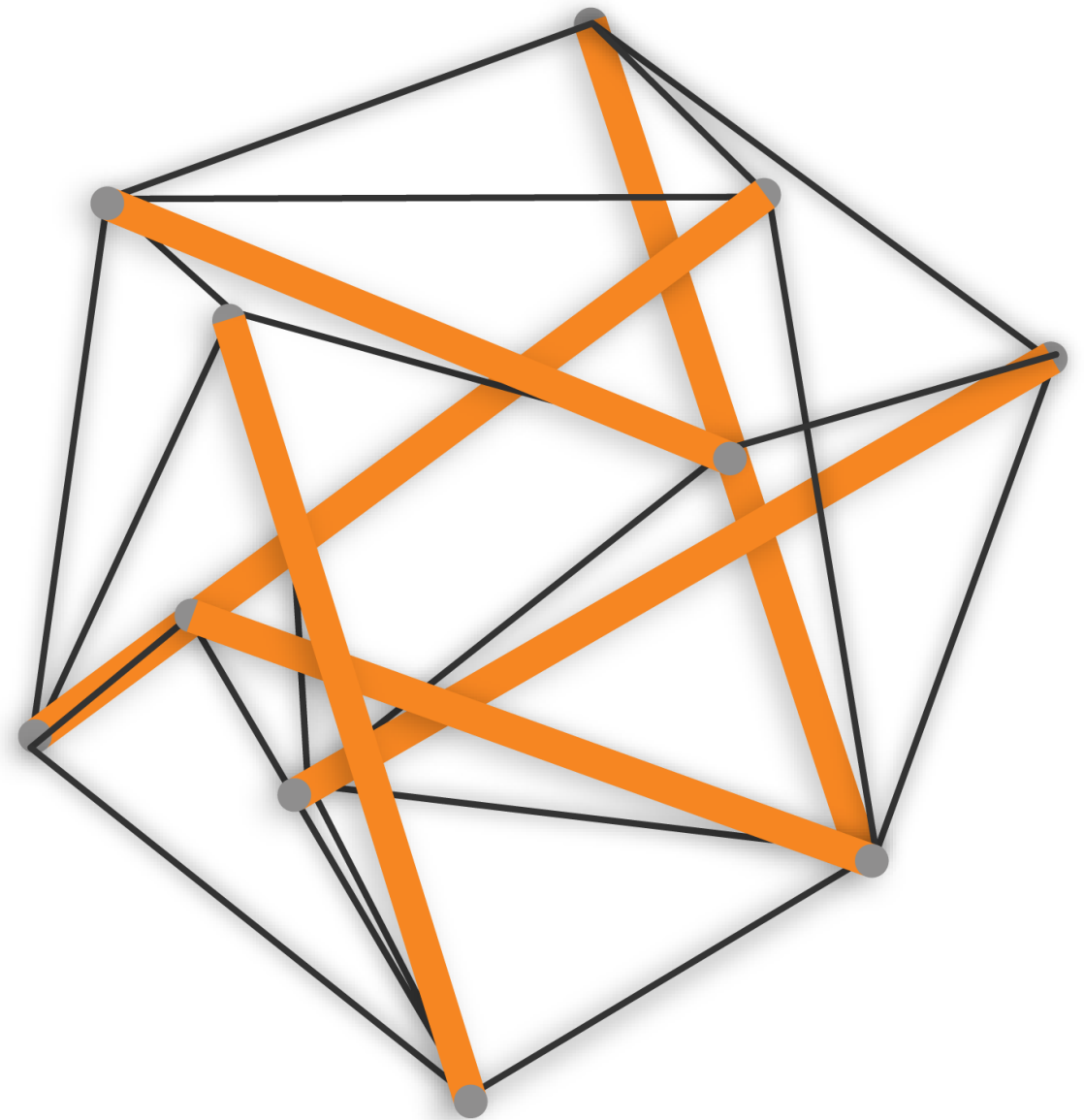


Slastix

- No risk of injury associated with breakage
- Barrier to prevent skin irritation
- Protection from chemical or physical compounds
- Protection from nicks and cuts

Tensegrity

This replicates how the human body responds, constantly adjusting to maintain a balance of tension and integrity during all static and dynamic movements.





Are you ready to work?

Lets play

- ❖ Grip . Wrists
- ❖ Twist of the wrists
- ❖ Feet placement
- ❖ Stance-neutral -grounded

- ❖ Warm-up
- ❖ Upper body drag
- ❖ Bicep- wrists hammer palm up
palm down -tricep
- ❖ Row forward
- ❖ Row reverse
- ❖ Lower body loop training
- ❖ Jump side to side
- ❖ Jump front back
- ❖ Twist wide leg
- ❖ Tuck jump

- ❖ Frog
- ❖ Barre legs h20
- ❖ Tubing upper body
- ❖ Team up
- ❖ Push and pull
- ❖ Battle ropes
- ❖ Cross the ropes
- ❖ Row a boat
- ❖ Jump up
- ❖ Row



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