

## Cardio Combos Active Older Adult

Ashley Bishop

Take the mystery out of aquatic choreography and gain a better understanding of Add-On, Pyramid & Pure Repetition choreography styles. These cardio combos are an effective way to add diversity, intensity and FUN to your Aqua Classes! Focusing primarily on Shallow Water formats (with a hint of Deep!) keeping our active older adults in mind. No Equipment, no Problem! These cardio combos provide a full body workout without the use of aquatic equipment.

### Course Objectives

- ✓ Gain a better understanding of Add-On, Pyramid & Pure Repetition Choreography.
- ✓ Understand how to adapt choreography to different populations
- ✓ Develop teaching skills for low impact and non-impact demonstrations and verbal and non-verbal cueing techniques to lead classes safely and effectively from deck.

### Introduction

Often when people hear the word “choreography”, they picture intricate dance routines that are not compliant with what they want to bring to their classes. Instructors often say: “I can’t” or “I don’t” do choreography. In this session, we will see how simple and effective choreography can be, and how attainable it is for everyone to bring to their classes.

**CHOREOGRAPHY:** The arrangement of a series of movements.

**Component/Move:** The smallest part or segment in choreography.

**Pattern/Combination:** Two or more moves linked together to form a repeatable sequence.

**Choreography Styles or Types:** Different ways of linking together moves or patterns either in sequencing, number of repetitions, or both

We are going to review some of the basic principles of Aquatic Exercise. For more information on the content below, please reference your AEA Aquatic Professional Manual. The most current edition of the manual can be purchased online at [www.aeawave.com](http://www.aeawave.com)

### Choreography Types

**AEA lists five types of choreography in their Aquatic Professional Manual:**

- **Linear Progression or Freestyle** - Series of moves performed without a predictable pattern.
- **Add-On** - One move is established (A), another move is taught (B) and then added on to the first (A-B). More moves can be added to develop a simple or intricate combination.
- **Pyramid** - The number of repetitions for each move in a combination is gradually decreased or increased.
- **Pure Repetition or Patterned Choreography** - A set pattern of moves is taught in final form.
- **Layer Technique** - A pattern is taught via pure repetition, add-on or pyramid choreography, and then changes are gradually superimposed; moves are replaced with other moves one at a time in the pattern.

### Creating the Combos!

Today we are going to look at THREE types of Choreography styles and together we will create one Add-On Combo. You will also find listed below the choreography notes for three more Cardio Combos. We will practice all of them today at the pool.

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### PYRAMID STYLE

**Definition:** The number of repetitions for each move in a combination is gradually decreased or increased.

**Formula:** Pick 2-4 Bases Moves that can transition safely from one to the other. Aim to choose Moves that are done in at least two of the three planes of movement. Choose any song around 130 BPM, and even better if it's a 32 Count Phrase, Created for Fitness Music. i.e.: Yes! Fitness Music, Dynamix, etc.

**AAAA BBBB CCCC DDDD**

**AA BB CC DD**

**ABCD**

#### Execute:

Move A - 16 Repetitions  
Move B - 16 Repetitions  
Move C - 16 Repetitions  
Move D - 16 Repetitions

Move A - 4 Repetitions  
Move B - 4 Repetitions  
Move C - 4 Repetitions  
Move D - 4 Repetitions  
-Practice 2x

Move A - 8 Repetitions  
Move B - 8 Repetitions  
Move C - 8 Repetitions  
Move D - 8 Repetitions

Move A - 2 Repetitions  
Move B - 2 Repetitions  
Move C - 2 Repetitions  
Move D - 2 Repetitions  
Practice 4x

\*One option is to end combo here, or continue by increasing the amount of reps until you get back to the beginning.

### ADD-ON STYLE

**Definition** - One move is established (A), another move is taught (B) and then added on to the first (A-B). More moves can be added to develop a simple or intricate combination.

**Formula:** Pick 2-4 Bases Moves that can transition safely from one to the other. Make one of the moves a traveling move (laterally, forward & back etc.) and make the other move one that can increase intensity by changing the impact level, arm variation, or rhythmic variation. Aim to choose Moves that are done in at least two of the three planes of movement. Choose any song with the same criteria as the Pyramid formula.

**AAAA BBBB ABAB CCCC ABC ABC DDDD ABCD ABCD**

Move A - 32 Repetitions  
Move B - 32 Repetitions

Move A - 8 Repetitions  
Move B - 8 Repetitions  
-practice at 2x-  
Move C - 32 Repetitions

Move A - 8 Repetitions  
Move B - 8 Repetitions  
Move C - 8 Repetitions  
-practice at least 2x-

**\*If you're crazy about music like me, you might want to add an 8-count bounce or jog to get back on the top of the phrase\***

Move D - 32 Repetitions

Move A - 8 Repetitions  
Move B - 8 Repetitions  
Move C - 8 Repetitions  
Move D - 8 Repetitions

### PURE REPETITION STYLE

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**Pure Repetition or Patterned Choreography** - Set pattern of moves taught in final form.

**Formula:** Choose a song that motivates you and your participants. Make sure the song is legally purchased (iTunes, Yes! Fitness Music, Dynamix). It can be Top 40's, Golden Oldies, Latin, or any other genre. Identify the "parts" of the song, e.g.: Intro, Verse, Chorus, Musical Bridge, etc. If your song has four parts, pick four base moves (or combinations of moves) and apply one to each part. If there is a part that only happens once in the song, try and think of an extra special move that will challenge your group like some Level III Core Work!

### ABCBCDA

#### Song #1

Intro - Move A

Verse - Move B

Chorus - Move C

Verse - Move B

Chorus - Move C

Bridge - Move D

Outro - Move A

When implementing combos created by someone else (for example from me in this workshop) the only person who will know if it will work for your classes is you, their beloved instructor. What works for my class of fabulous active older adults may not work for the next person, and that's okay. The key is knowing how to adapt the combos to cater them for all.

### Progressions and Regressions – Cheat Sheet

Here are some of the many ways to progress and regress a move in aquatic fitness:

#### Regressions

- Increasing the amount of repetitions
  - Changing from 4 sets of skis and 4 sets of jumping jacks to 8 and 8
- Adjusting the Transitional Move
  - Adding a bounce centre
  - Staying in the same plane of motion
  - Jogging in place for eight counts
- Changing the Impact Level
  - Moving from Propulsion Jacks to Level I or Grounded

#### Progressions

- Decreasing the amount of repetitions
  - Changing from four sets of skis and four sets of jumping jacks to one and one
- Adjusting the Transitional Move
  - Taking away the bounce centre
  - Alternating or changing the planes of motion
  - Moves are back to back
- Changing the Impact Level
  - Moving from Level I Jacks to Power Jacks (Propelled)

### References

AEA Aquatic Fitness Professional Manual Sixth Edition (2010) Pages 140 - 142, 160 - 167, 172 - 173, 373-375.

ACE Personal Trainer Manual Fifth Edition (2014) Page 167 - 168.

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BPM 135	Song	Style	Notes	Notes (45mins)
Warm Up	Chariot Of Fire		Base Moves	Linear
CC#1	Mockingbird	Add-On	Jack4x/Power Jack	Travel F/StayTravel B/Stay
			Core Twists	S/S/D & w/Tuck
			Dbl Ski Combo/Sgls	Arms Out/Arms Front/ WoodChop singles
CC#2	Rescue Me	Add-On	Lateral Jog w/ ChaChaCha	Lateral Travel
			Kicks in 3's	Add Catch Up
			Jack & Ski Combo	Travel 1/4 Turn on Ski
BURST	You Ain't See	30 : 20 : 10	Jog/Run/Sprint	
CC#3	Knock 3 Times	Pyramid	Kicks Front	16/8/4/2/1
			Kicks Side	
			Kicks Back	
			Mogul F & B	
CC#4	Maggie May	Pyramid	1/2 WT Skis	16/8/4/2
			Jacks	
			Mogul S to S	
			Core Twists	
CC#5	Sheila	Pure Repetition	Kicks	Verse
			Core Twist	Chorus
			Flurry	Bridge
CC#6	Halo	Pure Repetition	Froggy Jumps	Verse
			Drums	Chorus
			Jog	Break
CC#7	Disco Inferno	Pure Repetition	Kicks/Pike	Verse
		Face Each Other	Skis to switch sides	Chours
CC#8	Physical	Pure Repetition	Jacks all Flavors	Verse
			Run Forward & Bunny Hops Back	Chorus
Cool Down	Just My Imagination		Static & Dynamic	Linear