Aquatic Core and More

Presented by

Danita Watkins

**Introductions:** *This is a workshop designed to target the core or middle section of the body. Many factors contribute to a strong lean core. The Aquatic environment is the perfect environment to work this are of the body since the properties of water are constantly working the core. I have designed these workshops as a whole class but it can be broken down to bits and pieces and used.*

**Objectives:**

1. What is the “Core”?
2. What does your “Core” do?
3. Common myths about your Core
4. Properties of water and the Core
5. Cardio and the Core
6. Equipment
7. **What is the “Core”?**
8. Not just your Abs/ Mid-section/Stomach
9. It includes everything besides your arms and legs
10. Your core incorporates almost every movement you make throughout the day
11. Muscles: Rectus Abdomins, internal & external Oblique’s, Erector Spinae, Latissimus Dorsi, Transverse Abdominis, Iliocostalis, Multifidus.
12. **What does your Core do?**
13. Stabilizes the body
14. Keeps the body aligned (supports spine)
15. Lowers risk of injury
16. Posture
17. Generates power through movements (athletic and activities of daily living)
18. **Common Myths About the Core/Abs:**
19. *Can I just do a lot of crunches each day to lose the body fat around my mid-section?*

-NO! Training Abs will get you stronger and more endurance. But won’t burn off excess body fat in that area you must create a caloric deficit to lose it.

1. *“If I want a 6-pack, should I just stop eating carbs?*

-NO! While there are some benefits to a low-carb lifestyle, they are NOT necessary for a 6 pack.

 *3.* *Do I need to take fat burners and supplements to lose belly fat?*

-NO! If you focus on nutrition, Cardio, and full body resistance training-you will see a loss in your mid-section.

 4. *Should I train my ABS every day?*

-NO! Your abs is like every other muscle group in your body-they need to rest in order to not overtraining.

 **IV Diet:**

1. Diet is the number one factor in loss of body.
2. Lack of enough water
3. Not enough Veggies and fruit.

 **V Balance of rest and exercise:**

1. Sleep and how much it affect our health
2. Balance is the key
3. Have fun and relax
4. Stress

 **VI The properties of water**, **and how it affects the Core:**

1. **Inertia**
2. **Action/Reaction**
3. **Surface Area/ Frontal Resistance**
4. **Levers**
5. **Acceleration**

 **VII Intensities levels/cardio in the water:**

1. Using different water tempos create intensity
2. Different types of intervals
3. Coaching technique and good posture

 **VIII Core Moves in the water:**

1. Core moves without equipment
2. Deep water or suspended moves

 I**X Equipment and the core:**

1. Flotation equipment
2. No equipment
3. Resistance bands

  **X Conclusion:**

*One of the most asked a question asked by participants is how can I get rid of my belly fay? This workshop was created to help instructors answer and help their participants on their journey to lose the belly fat. This workshop also helps instructors understand that balance of diet, exercise, and strength training help participants to better health and wellbeing.*

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**Choreography**

**Warm-up:**

Jog in place/ BC/Heel jog

 Jog to the wall

 Wall jogging

 Jog back

 Front kicks/v kicks/pendulum swing/back kick/heel jog

 Rocking horse combo

 JJ/Turning jacks/Jump forward and back Jack

 **Repeat X 3**

**Combo 1** **Cardio**

 Tabata Drills

**Combo 2** **Core-No equipment**

 Jack N Tuck X 12

 Forward and back two feet w/ tuck

 Jack N Tuck w/arms up X 12

 Forward and back one foot w/tuck R then L

 **Repeat**

**Combo 3 Cardio**

Travel to the wall

 Wall jogging

 Two footedburpee

 Wide wall jogging

 Push ups

 Travel back

 **Combo 4 Core-no equipment**

 CC w tuck —neutral/suspended

 Suspended shoot thru R and L

 Tuck tap wide w alternating feet

 Pendulum front and back shoot thru

 **Combo 5 Cardio**

 JJ X12

 Rockets X12

 Jumping toe touches X 12

 Travel Jog

 **Repeat**

**Combo 6 Core-w/noodle**

Noodle behind back—Double tuck crunch X 12

 Tap bottom tuck and push both feet forward X 12

 Table top w/toes and knees up crunch X 12

 Tap wide on the bottom then tuck and push toes up X 12

 **Repeat**

**Combo 7 Cardio-w/noodle**

Take noodle in front---Rebounding Jacks X 12

 Front kicks X 12

 Pendulum swing X 12

**Combo 8 Core-w/hand buoys**

Place hand buoys in front---Front Planks

 Alternating arms from plank position

 Push ups

 Pike toe touches

 Wide feet lift w/ hand buoys to the side

 Repeat 3 x

**Combo 9 Cardio and core combo---no equipment**

Wall jogging

 Wide feet combo

 Push and squeeze

 Repeat 3 X

**Combo 10 Balance and cool down**

Dancer pose

 Front leg hold

 Star pose

 Tree pose

 Repeat other leg

 Upper body stretch