

Are You Equipped? (Not to be?)

Connie Lagerhausen FitnessFest 2018

As aqua fitness professionals we sometimes become dependent on equipment to help us add variety to our classes! This workshop will give you the tools that you need to conduct a great water workout without the use of equipment, utilizing the water's resistance, intensity of a movement and range of motion. We will also touch on anchored/grounded movements that are often neglected and undervalued in a traditional aqua fitness class. Using this approach, you can create a surprisingly challenging workout, that will be aerobically demanding, increase core strength and flexibility. Leave with the "equipment" to instantly give you a fresh approach for formulating, innovative ways to motivate your classes by teaching them the power of using their bodies.

Music:

135 to 140 bpm aerobic portion Yoga cool down 60-90 bpm

Impact Levels:

1 rebound 2 neutral 3 suspended

Aqua Effort:

Aqua Effort was designed to help you understand the intensity or effort of a movement. Often, the Borg Scale of Perceived Exertion, the talk test and heart rates as they pertain to your aquatic workout are commonly used; yet these tools can be confusing. I have found that by using the following guidelines promotes a better understanding of using the water and its resistance benefits to enhance your aquatic workout.

Aqua Effort	Percentage %
Gentle Warm Up (build up speed gradually)	10-20%
Start of Aerobic or recovery between intervals	25%
Tempo is a steady effort level. A level that one can hold for a sustained period of time (Aerobic)	50%
	75%
Short and fast this effort uses muscles at high intensity and a high rate of work for a short period of time (Anaerobic)	
☺ ☺ ☺ or just for fun!	100%
Remember: you didn't get wet for nothing...	
Created by: <i>Created by: Connie Lagerhausen, AEA-Certified Fitness Professional, Adult Aquatic Fitness Specialist and creator of Aqua Effort.</i>	

In general, for most workouts you want to be at around 50-60% (land and water). If you're doing interval training, you want your recovery to be around 25-30% and your intensity blasts to be around 75%. As you'll see, working at 100% isn't

recommended for most workouts. For longer, slower workouts, keep your Effort Rate at 50% or lower. Your land and water-based effort should feel the same, not speed wise but intensity wise.

Objective of the Workout:

- Train the cardiorespiratory system
- Engage core muscles to control the movements and guarantee proper alignment, good balance and safe exercises.
- Improve coordination using different levels of transitions and movement.
- Lead the participants in an amazing class using technique and lots of fun, without equipment.

Principles of Water:

- **Buoyancy** – The buoyancy of the water, the upward pressure exerted upon our body when submerged, acts in the opposite direction of gravity and decreases the amount of impact to the joints during exercise. The deeper the water, the more water our body displaces and the more buoyancy we experience.
- **Viscosity** – Water and air are both technically fluids, the viscosity of the two are different. Water provides significantly more resistance, as water is 800 times denser, more viscous, than air when moving the body, or a limb beneath the surface. And the resistance is bidirectional.
- **Hydrostatic pressure** - A “multidirectional pressure” that pushes on the chest in water, makes breathing more difficult. Kinetics research suggests this added value forces even fit people who take to the water to develop stronger assistive breathing muscles.
- **Thermodynamics** We do, indeed, sweat during water exercise, but because the water transfers heat away from the body faster than air so you actually dehydrate faster in water fitness than land. It's important when instructing classes to remind them that just because they don't feel like they are sweating, they actually are. (Hydrate, Hydrate, Hydrate).

Laws of Motion

- **Inertia** – Force is required to overcome inertia; the more times you stop and start a movement and the more choreography changes are made in speed, direction and mode the more intense the workout becomes.
- **Acceleration** – This law states that the velocity is proportional to mass and the force applied; therefore, the “individual” physical strength and body size determines how one body moves through the water.
- **Action/Reaction** – For every action there is an equal and opposite reaction. Intensity levels can be varied with small amounts of effort to allow individuals to vary workout loads on demand.

Depth of Water and Temperature

Fitness level of class (athlete vs moderate exerciser)

1. Fit and athletic waist to chest deep Bootcamp
2. General population chest to armpit
3. Range of motion older population shoulder depth or higher

Water Temperature

1. 80 – 82 degrees is optimal 84 and higher in most parts of the country is not recommended (however, and exception to this is if you live in an area where outside temperatures hover between 95 and 120 aka Arizona than warmer water temperatures are acceptable.
2. Air temperature/ air quality

Designing a Great Aqua Class:

Six Segments

1. Warm up
2. Dynamic Stretching
3. Anaerobic Work Cycle
4. Muscle Conditioning and recovery
5. Repeat cycles of work/recovery
6. Cool down and stretch

Are you Equipped? (Not to be?) The Pool Workout:

1. Aqua Effort explanation (warm up)
2. General population Aqua Class (Aerobic Work Cycle)
3. Aqua Boot Camp (HIIT Anaerobic Work Cycle)
4. Balance work and Aqua Yoga (Cool down and Stretch)

Presentation and Performance:

One of the most important elements of any class is actual presentation. No matter how great the workout or routine maybe, if we cannot instruct the movements with clarity precision and enthusiasm it will not be received by our classes. Thus, there is absolutely no denying that to lead group exercise especially aqua involves an element of performance. Innovative classes depend on educational teaching as well as performing, find your balance and engage. The outcome will be that you are equipped!!!

Thank you joining me today

For more information, please feel free to contact me:

Connie Lagerhausen

Adult Swim Specialist-Desert Swim School

connie@desertswimschool.com

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