

### splAsh:Cardio Combos

Take the mystery out of aquatic choreography and gain a better understanding of Add-On, Pyramid & Pure Repetition choreography styles. In this workshop, we will use the basic principles of the choreography styles, and create combos using the formulas that I created. 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!) No Equipment, no Problem! These cardio combos provide an effective full body workout without the use of aquatic equipment.

#### Course Objectives

Upon Completion of this course, participants will be able to:

- \*Gain a better understanding of Add-On, Pyramid & Pure Repetition Choreography Styles
- \*Recognize the different tempo variations, and how to use them appropriately in your classes
- \*Develop teaching and cueing skills including low impact, non-impact deck demonstrations, verbal, and non-verbal cueing to help lead classes safely and effectively from deck

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 today's workshop, 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 some type of 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** - A series of moves are 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 its 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.

Today's focus will be on three of the above, Add-On, Pyramid, and Pure Repetition. Now that we have the moves, the types of choreography, let's look at the different ways to execute the base moves and to create a unique, well rounded, and fun Cardio Combination for classes

#### 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 choreo notes for three more Cardio Combos. We will practice all of them today at the pool.

#### 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. E.g.: 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 - 8 Repetitions  
Move B - 8 Repetitions  
Move C - 8 Repetitions  
Move D - 8 Repetitions

Move A - 4 Repetitions  
Move B - 4 Repetitions  
Move C - 4 Repetitions  
Move D - 4 Repetitions  
-Practice this two times-

Move A - 2 Repetitions  
Move B - 2 Repetitions  
Move C - 2 Repetitions  
Move D - 2 Repetitions  
Practice this four times-

\*One can end the 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 least twice-  
Move C - 32 Repetitions

Move A - 8 Repetitions  
Move B - 8 Repetitions  
Move C - 8 Repetitions  
-practice at least twice-

\*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**

Pure Repetition or Patterned Choreography - A set pattern of moves is taught in its 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

### **Let's put it into Practice!**

Use the formula, pick a few base moves, and voila! Choreography is created! Once one understands the tempo of the movement, the cadence of the music, the type of choreography they want to create, and chooses moves that incorporate all three planes - a Cardio Combo is born!

Use Music to your advantage! Music is a motivator and one cannot help but enjoy the movement even more when doing it to a well-chosen song. The "secret sauce" to Cardio Combos is everyone moving together, at the same cadence with proper form and alignment and full range of motion. Alternate Cardio Combos with a HITT, Tabata, and/or a Resistance Training round to create a very effective workout with a variety of disciplines and fun.

### **splAsh: Toning**

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!) and the inclusion of resistance equipment, these cardio combos provide a full body workout for your aqua fitness classes.

### **Course Objectives**

- ✓ Gain a better understanding of Aquatic Choreography Styles
- ✓ Learn how to effectively add diversity to your Cardio Combos with added Buoyancy
- ✓ 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.

### **Resistance in the Water**

Submerged movement (without equipment) experiences resistance in all directions and in all planes because the water surrounds you. Both muscles of the muscle pair must perform concentric muscle actions to affect movement on the joint.

Aquatic Equipment will affect the type of contractions by the muscles and the amount of resistance felt when exercising in the submerged environment. The common aquatic equipment includes Buoyant (Foam Hand Bells or Ankle Cuffs), Drag (Gloves, Drag Bells or Drag Cuffs), Flotation (Belts), Rubberized (Tubing or Bands) and Weighted (Dumbbells or Ankle Weights).

### **Let's Add Buoyancy!**

When adding equipment to choreography, we must be cognizant of the how they will affect movement in the water. For today's purposes, our equipment will be in the buoyancy category as we are using foam hand bars. The foam not only increases the surface area of our upper limbs, but also increases the resistance. As we already know, foam floats in the water. Therefore, using hand bars changes the type of muscle actions as opposed to land.

For example, in a bicep curl on land with a dumbbell, we experience a concentric muscle action (shortening on the muscle) when we flex at the elbow joint (moving against gravity) in the bicep, and an eccentric muscle action (lengthening of the muscle) of the bicep when we extend.

In the water with a foam hand bar, we see the opposite occur. When we flex at the elbow joint we experience an eccentric muscle action at the triceps, and a concentric muscle action when we extend.

The following points above are important because the added resistance is going to affect the speed at which movement can be safely executed, and knowing which muscles are being targeted is important so that we can create an effective full body workout.

### **PRO TIPS**

1. Plan wrist breaks into lesson plan - constant isometric contraction can be detrimental for members with arthritic or similar medical conditions
2. Think about how water affects muscle contractions and how it changes when buoyant equipment is incorporated. Bicep curls no longer target the biceps when working submerged with hand buoys - ensure you are targeting both sides of the muscle pair throughout your classes. When in doubt - perform the same series of movements without the use of equipment.
3. Get in the water to feel and fully understand what you're teaching. When working submerged (with buoyancy) the time it takes to get from one move to the other increases as we encounter more resistance from the increased surface area of the equipment, but also how the equipment's bouncy interacts with the water. Ensure the BPMS reflect the desired movement, and that the transitions is safe and effective.

### **Tempo Terms**

The tempo of the music and the speed at which you execute the movement will have a significant impact on what moves can be included in your combos, and how effective the combos will be for your classes.

**Beats:** Regular pulsations having an even rhythm

**Tempo:** The rate of speed at which beats occurs

**Land Tempo (LT):** Movement at the same speed as on land, where the movement occurs on each beat of music.

**Water Tempo (WT):** An appropriate rate of speed used in the aquatic environment to allow for slower reaction time and full range of motion in water choreography

\*Recommended BPM for Aqua classes 125 - 150 used in half time.

**Half Water Tempo (1/2 WT):** Water tempo movements with a bounce every other beat, using "doubles" and "bounce centre".

When creating choreography with foam hand bars, it is extremely important to be aware of the tempo and the transitions. For example, doing a Land Tempo Jog with Land Tempo Arm Curls will not be as affective (nor as practical) as doing a Land Tempo Jog with Water Tempo Arm Curls. It is also important to be aware of how long we are asking our participants to be holding on to the hand bars (isometric muscle contractions in the hand and wrist can be detrimental to people with chronic pain

like carpal tunnel syndrome). Be sure to integrate rests and reminders to wiggle the fingers and roll the wrists. Alternating the choreography combos with HIIT segments (any variety that makes sense for your population) is also a fun way to add diversity to your class and to alleviate strain in the wrists.

Today you will be seeing some of these choreography types demonstrated in the pool. A PDF with the choreography notes will be made available to you after the session. Remember you are the best person to know what will make sense in your pool for your population. Take these combos and make them your own! And always try to get in the pool whenever you can to practice them first!

#### 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.

**The Cardio Combos**Cardio Combo #1 - Pyramid

- A) 16 1/2 WT Cross Country Skis
- B) 16 WT Jumping Jacks
- C) 16 WT Moguls (F & B)
- D) 16 WT Core Twists

- A) 8 1/2 WT Cross Country Skis
- B) 8 WT Jumping Jacks
- C) 8 WT Moguls (F & B)
- D) 8 WT Core Twists

- A) 4 1/2 WT Cross Country Skis
- B) 4 WT Jumping Jacks
- C) 4 WT Moguls (F & B)
- D) 4 WT Core Twists
- Practice Twice-

- A) 2 1/2 WT Cross Country Skis
- B) 2 WT Jumping Jacks
- C) 2 WT Moguls (F & B)
- D) 2 WT Core Twists
- Practice Four times-

Cardio Combo #2 - Pyramid (Shallow Only)

- A) 16 Pendulum
- B) 16 WT Moguls (Side to Side)
- C) 18 1/2 WT Cross Body Kicks

- A) 8 Pendulum
- B) 8 WT Moguls (Side to Side)
- C) 8 1/2 WT Cross Body Kicks

- A) 4 Pendulum
- B) 4 WT Moguls (Side to Side)
- C) 4 1/2 WT Cross Body Kicks
- Practice Two Times-

- A) 2 Pendulum
- B) 2 WT Moguls (Side to Side)
- C) 2 1/2 WT Cross Body Kicks

Cardio Combo #3 - Add-On

- A) 3 WT Jogs & LT Jog in 3 - Traveling Laterally - Repeat other direction
- B) Front Kick in 3 (4x)
- C) 4 WT Jacks Traveling Forward with Breaststroke Arms
- D) 4 WT Power Jacks with Arms Crossing Front, then out.
- \*Repeat sequence Traveling Back with Reverse Breaststroke Arms

Cardio Combo #4 - Add-On

- A) 8 WT Leg Curls Traveling Forward
- B) 2 Core Twists in 3's
- \*Repeat Sequence Traveling Back
- C) 2 1/2 WT Skis & 4 WT Skis (2x)
- \*Arms: Shoulder ABduct then Transverse ADduct for 1/2 WT Skis
- \*Arms Wood Chop for WT Skis

Cardio Combo #5 - Pure Repetition

- A) Intro Bounce or Jog
- B) Verse WT Jacks
- C) Chorus Jog Forward 16x Bunny Hop Back 8x (Repeat Part C twice)
- B) Verse WT Jacks - Add Diagonal Reach Across the Body
- C) Chorus Jog Forward 16x Bunny Hop Back 8x (Repeat Part C twice)
- D) Bridge Level III Jacks
- C) Chorus Jog Forward 16x Bunny Hop Back 8x (Repeat Part C twice)
- B) Outro Your favorite Jacks!

Cardio Combo #6 - Pure Repetition

- A) Intro Bounce or Jog
- B) Verse As Many Froggy Jumps as possible!
- C) Chorus "Sprint" Arms for 2 8's/Pound the Drum Arms for 2 8's
- A) Break Bounce or Jog
- B) Verse As Many Froggy Jumps as possible!
- C) Chorus "Sprint" Arms for 2 8's/Pound the Drum Arms for 2 8's
- B) Verse As Many Froggy Jumps as possible!
- C) Chorus "Sprint" Arms for 2 8's/Pound the Drum Arms for 2 8's

**splAsh: Toning Lesson Plan**Warm Up & Joint Prep - Linear Style

WT Jog with Elbow Flexion & Extension -> Shoulder Flexion & Extension - > Elbow Pronation/Supination ->  
 Shoulder Circumduction both directions  
 WT Jumping Jacks Stationary - Travel Front & Back with modified Breast Stroke  
 WT Cross Country Ski w/ Slicing Hands -> Palms Towards the body  
 WT Core Twists -> Knee Tucks  
 WT Jumps Front & Back -> Increase ROM - > WT Core Twist  
 WT Jog with Elbow Flexion & Extension -> Shoulder Flexion & Extension -> Alt Kicks Front  
 WT Jog with Alt Scooping Arms -> Bounce Center

CC #1 - Add On Style

1/2 WT Back Kicks with Low Row (Arms Supinated)  
 1/2 WT Front Kicks with Elbow Flexion & Extension/Arm Curls  
 Core Twists in 3's with Windshield Wiper Arms  
 L2 Squat with Slow Transverse Shoulder Abduction & Adduction

Burst - 4 rounds, 45 second work, 15 seconds rest

Move #1 - Level I Jumping Jacks    Move #2 - Level II Jumping Jack  
 Move #3 - Abductor Focus Jacks    Move #4 - Adductor Focus Jacks

CC#2 - Add-On Style

Leg Curls with Long Arm Press Down  
 Rocking Horse R with Pushing Arms (Like horse reins)  
 Rocking Horse L with Pushing Arms (Like horse reins)  
 Wide Jog with Arms Pushing Down Side Body

CC#3 - Pyramid Style    16/8/4

LT Jog with Elbow Extension & Flexion Bilateral Symmetrical  
 LT Jog    Transverse Shoulder Abduction/Adduction with soft elbows (Wide Fly)  
 LT Jog    Low Row  
 LT Jog    Break - rest the arms

Circuit - 4 rounds, 45 second work, 15 seconds rest

Move #1 - Tandem Stance/Lunge Position - Transverse Shoulder Abduction/Adduction (Chest Fly)  
 Move #2 - Repeat Second Side  
 Move #3 - Fly & Row Combo (One Fly, One Row - Bilateral Symmetrical)  
 Move #4 - Alternating Fly & Row Combo (One arm fly, one arm row - Alternating each time)

One Buoy Combo

Move #1 - Thor/Single Armed Plunge) with a Rocking Horse  
 Move #2 - Elevated Elbow Flexion & Extension with a Rocking Horse  
 \*S/S/D jog to transition to the other side. Repeat second side  
 Move #3- Buoy on Both Hands. WT Diagonal Cross Country with Push & Pull of the buoy, add gentle rotation  
 Move #4 - Buoy in Both Hands. WT Jumping Jack with Scoop Arms (both directions\_

One Bar Burst - 4 rounds, 45 second work, 15 seconds rest

Move #1 - Froggy Jumps with Floating Arms (Option to Press towards the feet with buoys)  
 Move #2 - Pocahontas - Tandem Stance with Canoe Arms R + L  
 Move #3 - Repeat second side  
 Move #3 - Core Twists with submerged arms

Cool Down & Stretch - Freestyle

Dynamic & Static Stretching of the Major Muscle Groups & Joints