
Pool pyramid

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- Epoc = benefits
- Plyometrics = benefits
- Formats pre existing
- Why duplicate

AN ORIGINAL FORMAT FOR ALL PROGRAMS

- Adds variety
- Caters to all fitness levels
- Incorporates all special populations
- Easy for new instructors
- Can be used for shallow or deep water
- Not necessary to be musically gifted
- Combats boredom
- Can be modified for any length of class



POOL PYRAMIDS

- Pyramids of exercises
 - Not sets
 - Not reps
 - Not time
- Can be aerobic or anaerobic/aerobic
 - All steady state
 - Aerobic – anaerobic-aerobic – anaerobic



Rules of the Game

- All intervals are the same length
 - 30 secs for a one hour class
 - Class includes warmup and flexibility
 - An hour class will be 9 different exercises
- Include the rest recovery as built
 - May be an active rest/isometric, etc
- Options/modifications are a must
- Motivation is key!



Warmup

- 5 minutes average
- Rehearsal moves
- Travel slowly incorporated
- Rebounded movements to start
- Teach posture and core bracing
- Introduce format while class is moving



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Prepare 00:00

Work 00:30

Rest 00:00

35

Cycles



T1



18

Tabatas

start

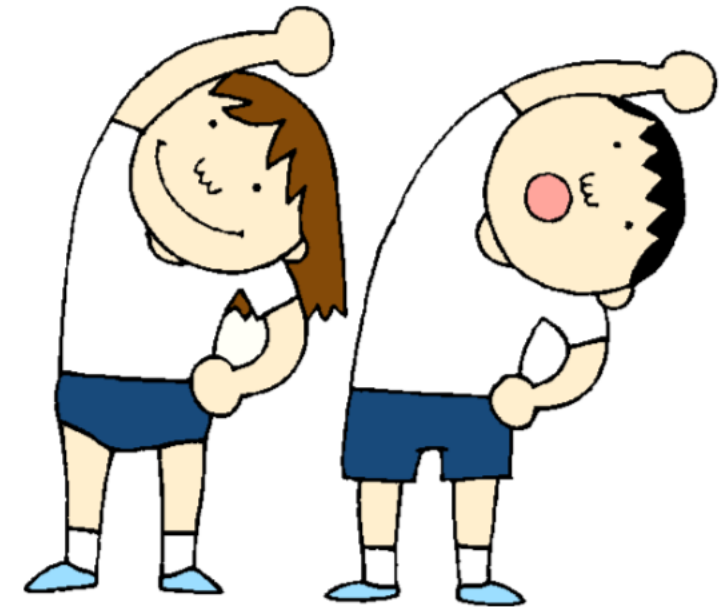
If You Build It, They Will Come

- Exercise one (30 seconds) rest 30 seconds
- Exercise 1 (30 secs) exercise 2 (30secs)rest (30)
- Ex. 1 (30) Ex. 2(30) Ex. 3 (30) rest (30)
- Continue adding all the way to 9
 - This should be halfway point of one hour class
- Take off Exercise 1
- Ex. 2 (30) Ex. 3 (30) – all the way to 9, rest (30)
- Exercise 3 (30) Ex. 4 – up to 9(rest)
- Exercise 4 (30) – up to 9 (rest)



Flexibility

- Remember to always leave room
 - Should be 5 minutes if done correctly
- Remember to stretch front and back of body
- Congratulate on a job well-done



Motivation

- Cheer them on
- Keep them posted on time
- Encourage the use of arms
- Show the move
- Describe the move
- Clap to the beat
- No need to count
- Call names



Sample class

- | | |
|----------------|-----|
| ❖ Cardio | ❖ 1 |
| ❖ Large muscle | ❖ 2 |
| ❖ Large muscle | ❖ 3 |
| ❖ Cardio | ❖ 4 |
| ❖ Small | ❖ 5 |
| ❖ Small | ❖ 6 |
| ❖ Large-cardio | ❖ 7 |
| ❖ Abs | ❖ 8 |

Thank you for
attending

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