

WELCOME TO THE MARCH ON WATER A Silver Splash Extravaganza! Part Two:

by Marg Stewart, CALA & CanFitPro certified

A brief review of Part One: Marg works with a group of dedicated, energetic, social older adults that participate frequently in the Group Aquatics program. With the introduction of the 'Marching with the Masters' cassette tape their energy increased one hundred fold as the class laughed and sang along to the music. They worked harder for a longer period of time without even realizing it, proving that attitude is everything!

Class overview:

The warm up (7.5 minutes) includes the CALA base moves to prepare the participants for the workout. The workout phase includes cardio and muscle strength and endurance. The cardio (28 minutes) includes a variety of movements to create muscle balance. Participants are encouraged to modify their own workout. The muscular strength and endurance (5 minute) focuses on core strength. The stretch and relaxation (5 minutes) is designed to give the participants time to recover from the workout phase.

Key to Common Cues

Alignment:

* pp: Power posture : long neck, brains over body, chin retracted, long spine, activated abdominals, level pelvis, open chest, shoulders down, shoulder blades attached to spine, ZIP IT ALL UP!

Joint:

* uj: Unlocked joints
* tbh: Toe-ball-heel landing

General:

* b: Breathe

Resistance:

* S: slice (easy)
* FF: fist or fold (intermediate)
* F: flat (advanced)
* CH: choose a hand position that best suits your fitness level and needs
* pf: plantar flexion: gently point foot
* df: dorsi flexion: gently pull front of foot towards shin
* CF: choose an appropriate foot position
* sl: straight lever, long lever
* bl: bent lever, short lever
* CL: choose an appropriate lever length
* T: Turbulence: create 'white water'

Impact:

* L: light bounce (high or low intensity)
* A: anchored (high or low intensity)
* P: propulsion (high intensity higher impact - if performed with impact)
* CI: choose an appropriate impact level, modify the intensity and level of impact

Note: Give permission to modify range of motion, hand position, impact and lever length. Cue the movement, demonstrate the preference, then show options. Participants will protect themselves from injury, work out harder, or relax during the class.

* The preceding common cues are reviewed at least once for each new movement. Extra cues are integrated according to the needs of the participants and the specific characteristics of the movement combination. Cues are both visual and verbal to meet the needs of a diverse group of exercisers.

The warm up, complete with moves and cues was included in Part One of this ongoing article (Wavelink: Double Issue: #30 and #31). Following is the workout phase of Marg's class which includes cardio and muscle conditioning.

Workout Phase - Block I

The Music - "Movin With the Masters"

* The Songs:

- The Washington Post (123 bpm)
- River Kwai March (124 bpm)
- Semper Fidelis (124 bpm)

Total Time : approx. 7 minutes

How to use the choreography:

- (pp, uj, tbh, b) * Integrate these basic cues throughout the work phase.
- The preferred 'LAPS' option is indicated with the other. The ultimate choice is up to the participant, personal modifications are encouraged.
- Cues remain the same for all moves throughout the block, unless otherwise indicated.
- For all upper body movements, demonstrate the fist, flat and fold hand positions. Show 'CH' and the participant can choose the hand position that best suits their needs (many prefer to slice).
- For all lower body movements, demonstrate the dorsi and plantar flexion foot positions. Show 'CF' to encourage participants to choose the foot position that best suits their needs.
- Remind participants to keep hands facing the same direction during the movement, rather than "fishy swim" or "flopping hands".
- Encourage full range of motion unless otherwise indicated.
- Ask for perceived exertion ("how ya doin'") frequently; with a reminder to work at a level that feels 'moderately hard' to 'hard'. This enables participants to work at a steady state in the aerobic training zone for the entire class.

The Workout Phase Choreography including legs, arms, tempo, repetitions (reps), general and specific cues:

LEGS	ARMS	TEMPO	REPS
1. n swivel	alt hi tzn arms	1/2 T	8
Cues (A, P, L, FF, CH, CL, CI, CF) * abdominals activated, avoid twisting, keep elbows up and pointing out to sides, squeeze shoulder blades together			
2. jj	uni jj arms	1/2 T	4
Cues (A, L, F, CH, CL, CI, CF) * 'slide out', focus on abductors, 'slide in' focus on adductors			
3. jj	uni rc (flasher)	1/2 T	4
Cues (A, L, F, CH, CF, CL, CI) * shoulders down, squeeze shoulder blades together and rotate arms out with elbows tucked to side of body, feel rotator cuff muscles working			
4. jj	uni rc (flasher)	T syncopate	2
(out in out/in out in) Cues (A, L, F, CH, CF, CL, CI) * shoulders down, squeeze shoulder blades together and rotate arms out from elbow tucked position; use smaller range of motion			
5. n swivel	alt hi tzn	1/2 T	8
6. jj	uni jj	1/2 T	2
7. jj	uni rc (flasher)	T syncopate	1
8. n move	uni br strk	1/2 T	4
(n move = neutral move: feet together, tiny hops on pool bottom (L) or pulse squat without lifting feet from pool bottom (A))			
Cues (L, A, S, CH, CL, CI) * get ready to use power, focus on outward movement of jack - abduct!			
9. jj out	uni jj	T	8
Cues (P, A, L, FF, CH, CF, CL, CI) use smaller range of motion and more power; exhale on exertion - on outward or abduction phase while using propulsion			
10. n swivel	alt hi tzn	1/2 T	8
11. jj out	uni jj	1/2 T	2
12. jj out	uni rc (flasher)	T syncopate	1
13. n move wide	uni rev br strk	1/2 T	4
Cues (L, A, S, CH, CF, CL, CI) * get ready to use power and focus on inward movement of jack - adduct!			
14. jj in	uni jj	T	8
Cues (P, A, L, FF, CH, CF, CL, CI) * use smaller range of motion and more power, exhale on exertion - inward or adduction motion, focus on adduction during propulsion			
15. n swivel	alt hi tzn	1/2 T	8
16. jj in	uni jj	1/2 T	2
17. jj in	uni rc (flasher)	T syncopate	1
18. n move	uni br strk	1/2 T	4
19. jj out	uni jj	T	8
Cues (P focus on abduction phase of jack)			
20. n swivel	alt hi tzn	1/2 T	8
21. abdo jj	hug n sqz	1/2 T	4
Cues (A, P, L, F, CH, CF, CL, CI) * focus on blade squeeze back - squeeze an orange between shoulder blades, chest hug forward - hug a tree or big Aunt Bertha; inhale on blade squeeze; exhale and contract abs tightly - as if to make a fist with abdominal muscles, during chest hug			
22. n swivel	alt hi tzn	1/2 T	8
23. jj out	uni jj	1/2 T	2
24. jj out	uni rc (flasher)	T syncopate	1
25. n move wide	uni rev br strk	1/2 T	4
26. jj in	uni jj	T	8
Cues (P focus on adduction phase of jack)			
27. n swivel	alt hi tzn	1/2 T	8
28. abdo jj	hug n sqz	1/2 T	4
29. n swivel	alt hi tzn	1/2 T	8
30. jj in	uni jj	1/2 T	2
31. jj in	uni rc arms	T syncopate	1
Cues (use a smaller range of motion)			

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LEGS	ARMS	TEMPO	REPS
32. n move	uni br strk	1/2 T	4
33. jj out	uni jj	T	8
Cues (P focus on abduction phase of jack)			
34. n swivel	alt hi tzn	1/2 T	8
35. abdo jj	hug n sqz	1/2 T	4
36. n swivel	alt hi tzn	1/2 T	8
37. jj out	uni jj	1/2 T	2
38. jj out	uni rc (flasher)	T syncopate	1
Cues (use a smaller range of motion)			
39. n move wide	uni rev br strk	1/2 T	4
40. jj in	uni jj	T	8
Cues (P focus on the adduction)			
41. n swivel	alt hi tzn	1/2 T	8
42. abdo jj	hug n sqz	1/2 T	4
43. narrow tk	uni hh	1/2 T	4
Cues (P, L, FF, CH, CF, CL, CI) *may choose 1/2 T j'om instead of tuck. Keep knees and feet together on tuck, exhale and contract abdominals as knees lift to chest, inhale on leg extension phase as legs straighten. With elbows fixed at waist, push hands towards pool bottom and tuck knees to chest - focus on triceps; pull hands to armpits and extend legs - focus on biceps			
44. abdo jj	hug n sqz	1/2 T	4
45. n ham tk	uni hh	1/2 T	4
Cues (P, L, FF, CH, CF, CL, CI) *may choose 1/2 T ham j'om instead of tuck. Keep knees and feet together, exhale and squeeze heels to 'gluts' as if crushing a water melon. With elbows fixed at waist, push hands towards pool bottom and reach heels towards gluts - activate the triceps; pull hands to armpits and extend legs - work biceps			
46. abdo jj	hug n sqz	1/2 T	4
47. narrow tk	uni hh	1/2 T	2
48. narrow tk	uni hh	T	4
Cues (may choose to continue at 1/2 T)			
49. abdo jj	hug n sqz	1/2 T	4
50. n ham tk	uni hh	1/2 T	2
51. n ham tk	uni hh	T	4
52. abdo jj	hug n sqz	1/2 T	4
52. narrow tk	uni hh	1/2 T	2
53. n ham tk	uni hh	T	4
54. abdo jj	hug n sqz	1/2 T	4
55. n ham tk	uni hh	1/2 T	2
56. narrow tk	uni hh	T	4
57. abdo jj	hug n sqz	1/2 T	4
58. narrow tk	uni hh	1/2 T	2
59. n ham tk	uni hh	T	4
60. abdo jj	hug n sqz	1/2 T	4
61. n ham tk	uni hh	1/2 T	2
62. narrow tk	uni hh	T	4
63. abdo jj	hug n sqz	1/2 T	4
64. n swivel	alt hi tzn	1/2 T	8
65. n swivel	alt hi tzn	T	16
Cues (use a smaller range of motion, keep abdominals contracted, swivel with entire torso, not from waist - to protect lower back)			
66. n swivel	alt hi tzn	1/2 T	8
67. n swivel	alt hi tzn	T	16

Note: Marg did include a variety of pool orientations in preceding work phase to change direction and add variety. The pool orientations were not included in this issue.
Prep for next work block - Remind members to take

a drink. Explain how work phase two will focus on the muscles located on the posterior aspect of the body using hamstring curls, leap outs, tucks; and variations of the rocking horse... Stay tuned for Marg's next work phase block in 2002!