High Voltage Aqua Circuit
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President of CALA

There are a variety of ways in which to design an aqua circuit class. An instructor is limited only by imagination and commitment to developing a unique circuit class which meets the needs of the participants.

The actual aqua circuit class can range from 30 to 60 minutes in length. The instructor may choose to gradually integrate muscle conditioning and cardio "stations" into the regular class format, or introduce a "new" aqua circuit class into the schedule.

With thought and consideration, the instructor can create an atmosphere which provides pleasure, protection and permission for the participants. This can be accomplished by educating participants about how to execute exercises safely and effectively. Teaching the names of specific muscles and joint actions will encourage participants to focus on the movement and become more body aware. Introducing intensity options will enable participants to select the appropriate exercise modification to suit their needs.

These options include variations in:
- hand positions (slice, punch, push, pull, and "webs");
- lever lengths (dorsi/plantar flexion, elbow/knee flexion);
- speed of movement (tempo, double or half time);
- range of motion (small, medium and large).

The aqua circuit class format can be approached from many different angles. Allow your creative juices to flow.

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Muscle Focus: The "Stations"

Muscle Focus 1: Biceps and Triceps

Joint Action: Elbow flexion and extension
Variation: (a) ant. elb. fxt; (b) lat. elb. fxt; (c) post. elb. fxt.
Complimentary Legs: narrow jog or march (n.j'om)

Arm Sequence:
A  (i)  1/2↑ ant. elb. fxt, hands slice or punch
     (ii) 1/2↑ ant. elb. fxt, palms up
     (iii) 1/2↑ ant. elb. fxt, palms down
     (iv) 1/2↑ ant. elb. fxt, hands slice or punch
          (walk it around from ant. to lat. elb. fxt. position)
B  Repeat (i), (ii), (iii); lat. elb. fxt.
     (iv) 1/2↑ lat elb. fxt; hands slice or punch
          (walk it around from lat. to post. position)
C  Repeat (i), (ii), (iii); post. elb. fxt.
     (iv) 1/2↑ post. elb. fxt; hands slice or punch
          (walk it around from post. to lat. position)
D  Repeat (i), (ii), (iii); lat. elb. fxt.
     (iv) 1/2↑ post. elb. fxt; hands slice or punch
          (walk it around from lat. to ant. position)

Muscle Focus 2: Anterior, Medial and Posterior Deltoid, Latissimus Dorsi

Joint Action: Shoulder flexion and extension (sh. fxt.)
Shoulder abduction and adduction (sh. abbbie/add.)
Name of Exercise: Front arm raises = Sh. fxt.
Side or lateral arm raises = Sh. abbbie /add.
Variation: (a) ant. sh. fxt; (b) sh. abbbie/add.; (c) post. sh. fxt.
Complimentary Legs: with (a): hamstring jog or march (h. j'om)
          with (b): jumping jack (jj)
          with (c): hamstring jog or march
Arm Sequence: Repeat as in Muscle Focus 1
   (A) ant. sh. fxt.
   (B) sh. abbbie/add.
   (C) post. sh. fxt.
   (D) sh. abbbie/add.

* Transition (A) to (B); (B) to (C); (C) to (D); (D) to (A): “walk it around”
**Muscle Focus 3:** Pectoralis Major, Anterior Deltoid

**Joint Action:** Shoulder joint horizontal adduction (minor sh. jt. hztl. abbie).

**Name of Exercise:** "Hugs" or Pec Flyes (sh. hztl. adds.)

**Variation:**
(a) Superior (sup.) sh. hztl. adds.
(b) Middle (mid.) sh. hztl. adds.
(c) Inferior (inf.) sh. hztl. adds.

**Intensity Var'n:**
(d) elb. bent to 90°
(e) arms in "C" shape
(f) crossover arms at wrists in front of body
(g) crossover arms at elbows in front of body

**Complimentary Legs:** pendulum (pdl) or cross country ski (cc. ski)

**Arm Sequence:** "walking it down", "walking it up"
A \(1/2^*\) sup. sh. hztl. adds., hands slice or punch
B \(1/2^*\) sup. \(-->\) mid. sh. hztl. adds., hands slice or punch
C \(1/2^*\) mid. sh. hztl. adds., hands slice or punch
D \(1/2^*\) mid. \(-->\) inf. sh. hztl. adds., hands slice or punch
E \(1/2^*\) inf. sh. hztl. adds., hands slice or punch
F Repeat E \(1/2^*\) inf. sh. hztl. adds., hands flat against water, palms in
G \(1/2^*\) inf. \(-->\) mid. sh. hztl. adds., hands flat against water, palms in
H \(1/2^*\) mid. sh. hztl. adds., hands flat against water, palms in
I \(1/2^*\) mid. \(-->\) sup. sh hztl. adds., hands flat against water, palms in
J \(1/2^*\) \(-->\) sup. sh. hztl. adds., hands flat against water, palms in

**Muscle Focus 4:** Trapezius, Rhomboids, and Latissimus Dorsi

**Joint Action:** Shoulder Girdle Adduction (sh. grd. add.)
Shoulder Joint Horizontal Abduction (sh. hztl. abbie)

**Name of Exercise:** Shoulder Blade Squeeze

**Variation:**
(a) sup. sh. grd. add.
(b) mid. sh. grd. add.
(c) inf. sh. grd. add.

**Complimentary Legs:** wide jog or march (w. j'om)

**Arm Sequence:** Repeat Muscle Focus 3; focus on the reverse action.

**Muscle Focus 5:** Hip Abductors and Adductors
Complimentary arms

**Muscle Focus 6:** Gluteus Maximus and Hamstrings (Hip Extensor role)
Complimentary arms

**Muscle Focus 7:** Quadriceps and Hamstrings (Knee Extensor, Knee Flexion role)
Complimentary arms
Combination Stations:

Once the group has learned how to execute each muscle focus station safely and effectively and gained sufficient muscular strength and endurance they may be ready to progress to "combination stations".

The double positive (concentric) contractions that "naturally" occur when training in the water may be used to advantage.

For example: Combine Muscle Focus 3 (Pectorals) and Muscle Focus 4 (Rhombooids, Trapezius and Latissimus Dorsi) into one station. This will save time and allow other muscle focus stations to be added to the class design.

Choreography Ideas: Cardio Routines

Cardio 1
\[ t \ n \ j'om \]
\[ transition \ n \ j'om \ ti \ w \ j'om \]
\[ t \ w \ j'om \]
\[ \frac{1}{2} t \ w \ j'om \]
\[ \frac{1}{2} t \ pali \]
\[ \frac{1}{2} t \ hobby \ horse \ (hh) \]
\[ \frac{1}{2} t \ rocking \ horse \ (rh) \]
\[ \frac{1}{2} t \ n \ j'om \]
\[ t \ n \ j'om \]

Cardio 2
\[ t \ jj \]
\[ \frac{1}{2} t \ w \ sq \ (wide \ squat) \]
\[ \frac{1}{2} t \ side \ steps \]
\[ \frac{1}{2} t \ w \ sq \]
\[ \frac{1}{2} t \ add. \ jacks \]
\[ t \ jj \]
\[ \frac{1}{2} t \ jj \]
\[ \frac{1}{2} t \ n \ sq \]
\[ \frac{1}{2} t \ side \ steps \]
\[ \frac{1}{2} t \ n \ sq \]
\[ \frac{1}{2} t \ abbie \ jacks \]
\[ t \ jj \]

Cardio 3
\[ t \ h \ j'om \ (dr \ flex) \]
\[ \frac{1}{2} t \ h \ j'om \ (pl \ flex) \]
\[ t \ dk \ k \ donkey \ kick \ (roger \ rabbit) \]
\[ \frac{1}{2} t \ dk \ k \ and \ narrow \ tuck \ jump \ (n \ tuk) \]
\[ \frac{1}{2} t \ dk \ k \]
\[ \frac{1}{2} t \ cc \ ski \]
\[ t \ cc \ ski \]
\[ \frac{1}{2} t \ cc \ ski \]
\[ t \ cc \ ski \]
\[ \frac{1}{2} t \ cc \ ski \] travelling pattern
\[ t \ cc \ ski \]
\[ \frac{1}{2} t \ cc \ ski \]
\[ t \ cc \ ski \]
\[ \frac{1}{2} t \ cc \ ski \]

Cardio 4
\[ t \ w \ j'om \]
\[ \frac{1}{2} t \ w \ j'om \]
\[ \frac{1}{2} t \ w \ froggie \ curls \]
\[ \frac{1}{2} t \ w \ tuk \ to \ n \ tuk \ to \ w \ tuk \]
\[ \frac{1}{2} t \ w \ ck \ (wide \ corkscrew) \]
\[ t \ w \ ck \ hi \]
\[ t \ w \ ck \ lo \]
\[ transition \ w \ ck, \ n \ ck \]
\[ t \ n \ ck \ hi \]
\[ t \ n \ ck \ lo \]
\[ \frac{1}{2} t \ n \ ck \ rt \]
\[ \frac{1}{2} t \ n \ ck \ lt \]
\[ \frac{1}{2} t \ n \ tuk \]
\[ \frac{1}{2} t \ mogul \ tuk \]
\[ \frac{1}{2} t \ n \ tuk \]
\[ \frac{1}{2} t \ n \ j'om \]
\[ t \ n \ j'om \ t \]
\[ w \ j'om \]
WHAT IS POWER UP: AQUA PUMP?

A "Power Up: Aqua Pump" session is not just your average aqua fitness class! It is considering the variables available that can be manipulated with aquatic exercise, applying and achieving an aqua fitness class that is "Pumped Up With Power."

Therefore, a "Power Up Aqua Pump" session is explosive, high intensity, and demanding, requiring endurance and a good level of water skills. This type of class can provide the client with an extremely challenging workout, whilst there still remains the ability for the session to be modified if required.

The following points should be considered when designing a "Power Up: Aqua Pump" class.

CONSIDERATIONS

⇒ Precautions
  ● Water skills of participant
  ● Leadership skills
  ● A variety of variables
  ● Muscle balancing
  ● Injuries?
  ● Permission to modify
  ● Water depth

⇒ Advantages
  ● Variety
  ● Increased intensity
  ● Sense of achievement
  ● Graded timetabling
  ● Range of cliental

⇒ Intensity Variables
  ● Speed
  ● Lever Length
  ● Range Of Motion (ROM)
  ● Force
  ● Pitch Of Hands
  ● Arms Movements
  ● Travelling
  ● Level Changes
  ● Drag Forces
None of these variables act individually, a combination will generally be at work at any one time.

**MUSIC**

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**BIBLIOGRAPHY**


**I WOULD LIKE TO THANK THE FOLLOWING**

Presented In Alphabetical Order

Aerobics 2000 (Marie & Chris)
For Sponsoring The Music

Robert Mayman
Charlene Kopansky
Irene Wallin
All My Supporting Clients

### CHOREOGRAPHY

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<td>Compl &amp; Hands Slicing</td>
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#### Cardiovascular

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<tr>
<td><strong>Link A+B, C+D &amp; Repeat</strong></td>
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#### Combination

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<tr>
<td>Levels X Country Ski</td>
<td>Opp Arm To Leg</td>
<td>Learn Levels(1, 2, 3, 4)</td>
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<td><strong>Combination E</strong></td>
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### MOVES
- Twist Top
- X Body Kick & Pull
- Repeat O/S

### Arms
- Same Arm As Leg
- Opp Arm To Leg

### Technical Tips
- Unilateral Travelling
- Full ROM & Plyometrics

### Combination F
- Levels Dble Knee Tuck
- Opp To Legs

### Link Combinations And Repeat

### Interval Training
- Level 3 Lat Rock N Roll
- Opp To Legs
- Fully Extend Legs (E)

- Knee Lifts
- Dble Palm Push Dwn
- Dble Time (A)

- Level 4 Lat Jazz Kick
- Dbl Lat Ext
- Full ROM (E)

- Wide Knee Lifts
- Alt Palm Push Dwn
- Dble Time (A)

- Level 3 Sit Kicks
- Tread Water
- Boil Water With Legs (E)

- Lucky Charm
- Opp Hand To Foot
- Dble Time (A)

- Level 4 Extensors Kicks
- Fwd Push & Pull
- Lean Fwd (E)

- Hamstring Run
- Dble Fwd Scoop
- Dble Time (A)

### # Ratio 1:3
- 1=Aerobic (A)=20 secs
- 3=Endurance (E)=1 min

### # Repeat Twice And/Or Repeat With Element Extraction: Eg Only Aerobic

### Combination A
1. Level 4 JJ
2. Level 3 JJ Tuck

- Comil
- Aid Suspension Of Body

### Combination B
3. Level 2 X Country Ski
4. Level 4 Karate Kicks

- Compl & Cup Hands
- Karate Blocks

### Combination C
5. Dog Paddle
6. Level 3 Jog Tyres

- Under Water Reach
- Aid Body Suspension

### Combination D
7. Level 2 Ski Bounce
8. Wide Narrow Cossack

- Opp To Body & Cup Hands
- Follow Legs

### Cool Down
- Wide Leg Jog
- Hamstring Curl Pendulum
- Quad Stretch
- Flex & Ext Hip
- Calf Stretch
- Hamstring Stretch
- Abductor Stretch
- Rocking Horse

- Lat Slice
- Pendulum Swing
- Holding/Supporting Leg
- Compl Slice
- Helping To Balance Body
- Supporting Leg
- Support Body
- Compound Arm Stretch

- Natural Swing With Slice
- Rhomboid Stretch
- Pectoral Stretch
- Natural Swing With Slice
- Abdominal Stretch

- M/m:ment To Keep Warm
- Full ROM
- Use Buoyancy Of Water
- Lean Fwd With Ext
- Hold Calf Dwn
- Lift As High As Possible
- M/m:ment To Keep Warm
- Knees Bent & Short Levers

- Large Steps
- No Crashing
- Large Steps
- No Crashing
- Clap To Finish