

THE 3 M's: MOVE, MUSCLE & MOTIVATION

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water  **motion**[®]
The new wave in aqua exercise

Three Parts of WATERinMOTION

- Verse = V
- Chorus = C
- Bridge = B

Warm-Up		water in motion		SCW					
Track #	1								
Track Focus	Warm-Up								
Track Length	5:00								
Song Title	Get Up								
BPM	136								
Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
Intro	2 x 8	Jump rope	16			Start w/ a jump rope			
0:15 A Verse 1	1 x 8	JUMP ROPE	8		Get up off your feet	8 Jump rope front			
	1 x 8	Jump rope face R x4, Jump rope face L x4	1		Get this party started	Right for 4, left for 4			
	1 x 8	Jump rope	8		We got to take a dance	Follow us for 8			
	1 x 8	Jump rope face R x4, Jump rope face L x4	1		Win a battle you never	Let's go right			
0:44 B Chorus 1	1 x 8	JACK & REACH	16		Get up get up get busy	Jumping jack, right arm up			
		Jack							
		Arms reach up R/L, Lateral B/Tr x2							
1:12 C Bridge 1	4 x 8	JOG GET DOWN	8	R	Get down, get up	Jog down and jog up			
		Arms punch, Jog heel x2, Open arms, Jog high knee x2							
1:40 A Verse 2	4 x 8	JUMP ROPE	1		We've got to take it	Back to jump rope			
2:09 B Chorus 2	4 x 8	JACK & REACH	1		Get up get up get busy	Jumping jack, R up			
2:37 C Bridge 2	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down w/ the jog			
2:55 A Verse 3	4 x 8	JUMP ROPE	1		Get on all four feet	Jump rope			
3:33 B Chorus 3	4 x 8	JACK & REACH	1		Get up get up get busy	Jack with one arm			
4:01 C Bridge 3	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down			
4:30 B Chorus 4	4 x 8	JACK & REACH	1		Get up get up get busy	Jack's one more time			
5:00 F Finish	1 x 1	Land wide, reach arm up	1			Jack's one more time			
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

TRACK 1	WARM-UP — GET UP										
INTRO	Jump Rope	16x									
VERSE	JUMP ROPE: 8F, 4R/L, 8F, 4R/L	1x									
CHORUS	JACK & REACH: Jack, Arms: Reach Up R/L, Lateral B/Tr x2	16x									
BRIDGE	JOG GET DOWN: Jog Heel x2, Jog High Knee x2	8x									
FINISH	Land Wide, Reach Arm Up										
I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄	F

- During V1, C1, B1 –articulate the MOVE.
- During V2, C2, B2 –articulate the MUSCLE, and
- During V3, C3, B3 –MOTIVATE
- ...and then we usually end with a C4

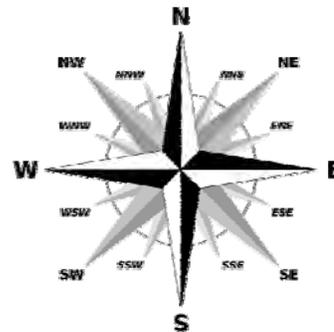
Begin with the MOVE

- Start with getting your students to simply do the move
- Begin with Lower Body then move to Arms
- Emphasize posture, core and foot strike



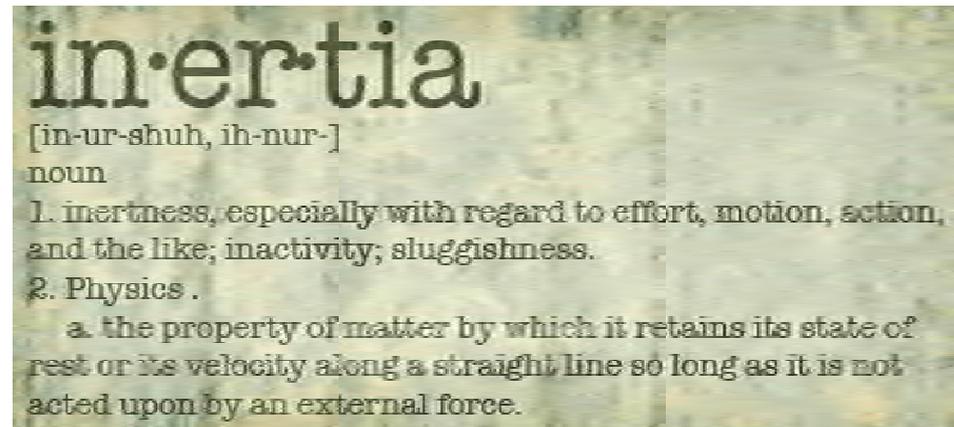
Direction

- Which way you are facing & traveling
- Right, left, front, back
- Environmental cues
 - “Move toward the window”
 - “Move to Hot Tub”
 - “Go to the stairs”



Direction emphasizes Inertia

- Increases usage of core muscles
- Traveling counteracts inertia & increases cardiovascular recruitment and calorie expenditure



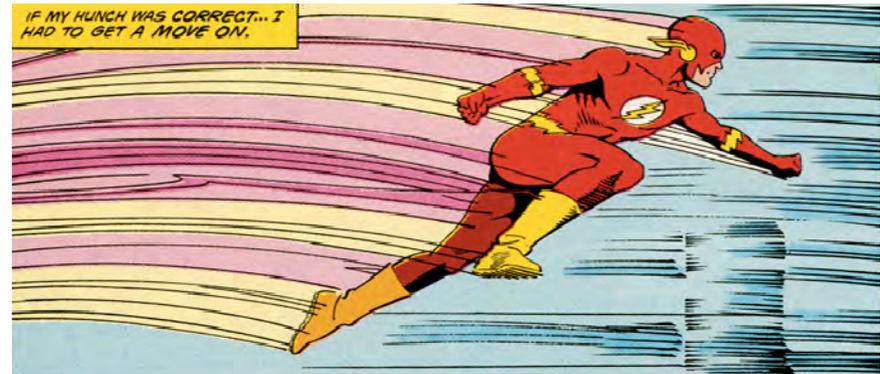
Rhythm

- Rhythm refers to movement or procedure with uniform or patterned recurrence of a beat
- Water-speed vs. Land-speed
- BPMs are 132-140 in WATERinMOTION
 - Slower in Platinum



Intensity

- Intensity is the emphasizing of particular actions in a choreography pattern.
 - helps fitness performance
- Force & ROM



Lever

- Legs, arms, hand or other body part
- Start with legs - largest muscles in the body.
- Travel to the arms
- Can be a wrist, ankle, foot, hand, head ...



Level

- **Rebound**
 - Starting in chest deep water, moves are performed with a bounce
- **Neutral**
 - Bend hips & knees to lower body, shoulders under water's surface
- **Grounded**
 - Position with one foot anchored to the bottom of the pool
- **Suspended**
 - Perform moves without contact with the pool bottom
- **Power**
 - Accelerate off the pool bottom, jumping higher than in Rebound

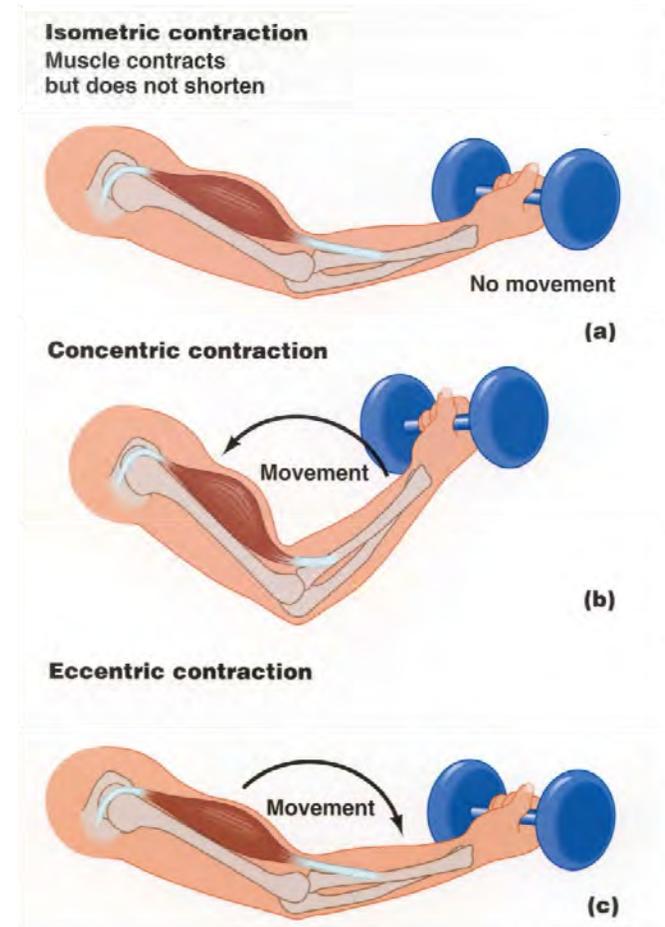


The 2nd M = MUSCLE



Water vs. Land Training

- Gravity Training
- Concentric vs. Eccentric
 - Concentric: Shorten the angle of the bones/lever & Shorten the fibers of the muscle against resistance.
 - Eccentric: Lengthen the angle of the bones/lever and muscle fibers against resistance



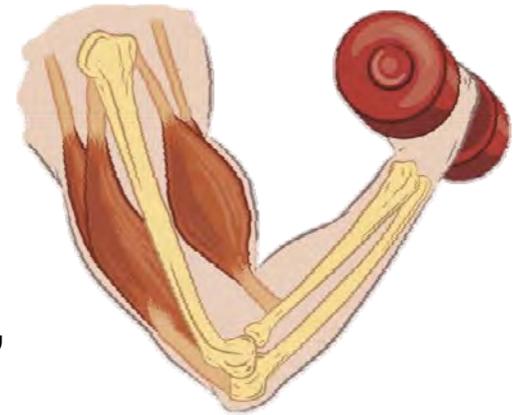
Buoyancy Workouts are Concentric

- Buoyancy Training
- Concentric vs. Eccentric
 - Concentric: Shorten the angle of the bones/lever & Shorten the fibers of the muscle against resistance. (INCLUDES EVERY AQUA MOVE)
 - Eccentric: Lengthen the angle of the bones/lever and muscle fibers against resistance (ONLY THE CALVES)



Gravity Workouts Concentric/Eccentric

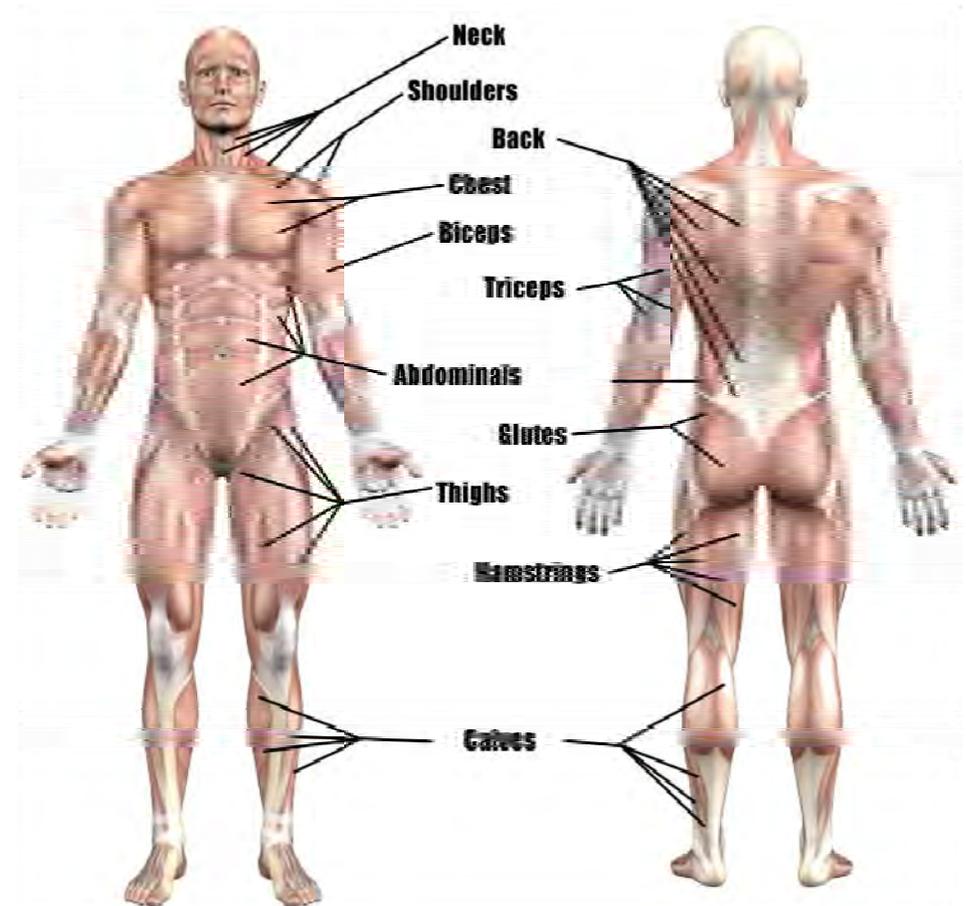
- Example: Bend Elbow
 - In Water: Bend=Bicep (concentric),
Straighten=Triceps (concentric)
 - On land : Bend=Bicep (concentric),
Straighten= Bicep (eccentric)



Keep it Simple

When Cuing address:

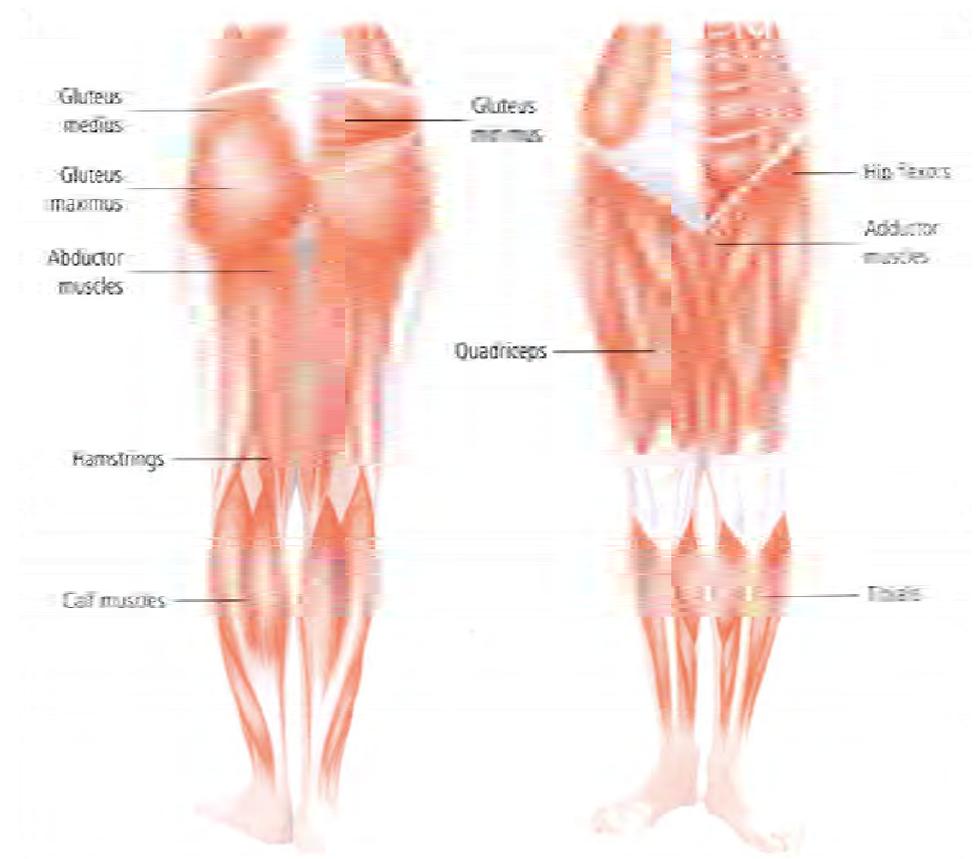
- Lower Body
 - Largest muscles
- Upper Body
 - Smaller muscles
- Core
 - Posture, Alignment, Support & Safety

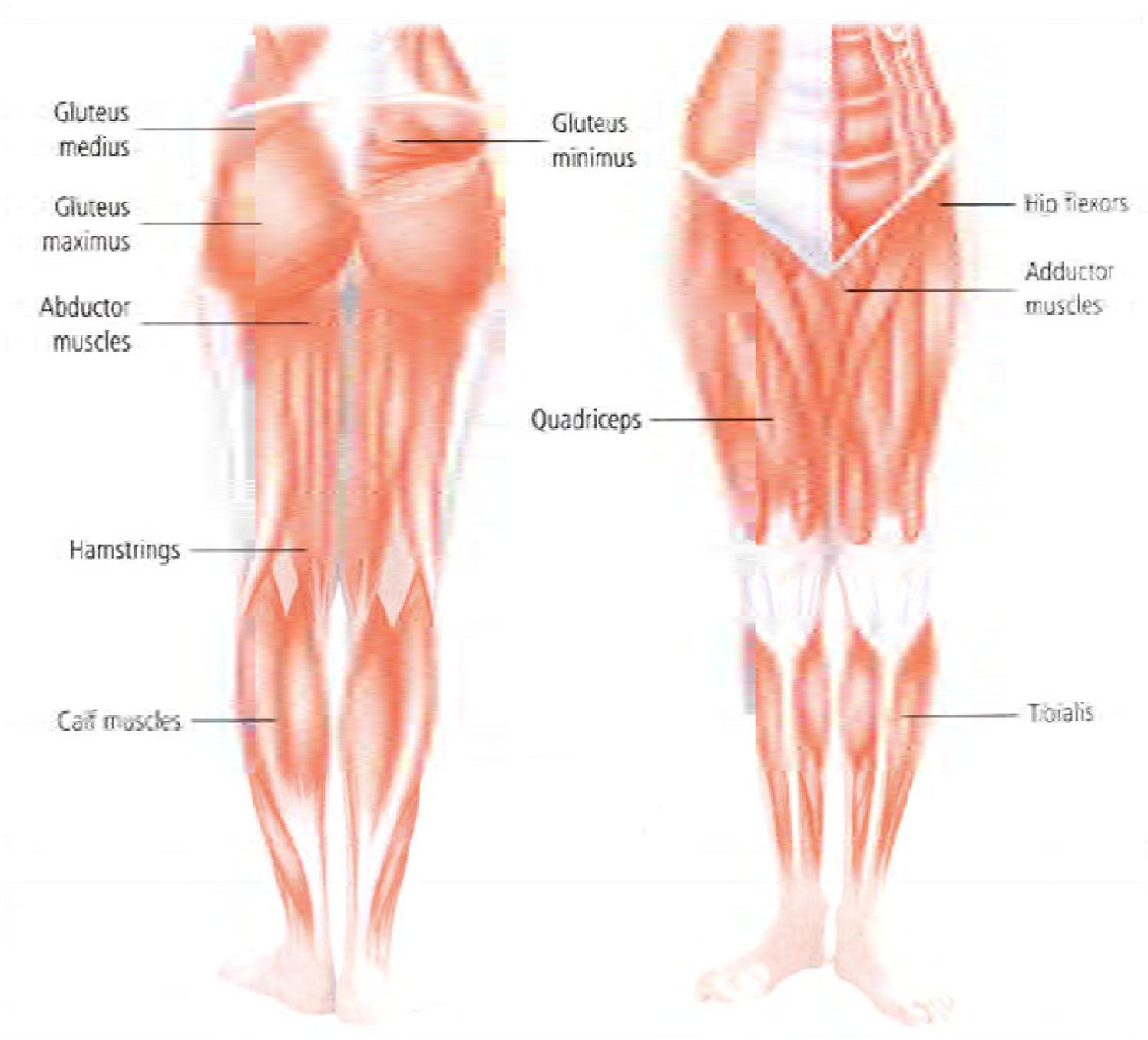




Start with the Lower Body

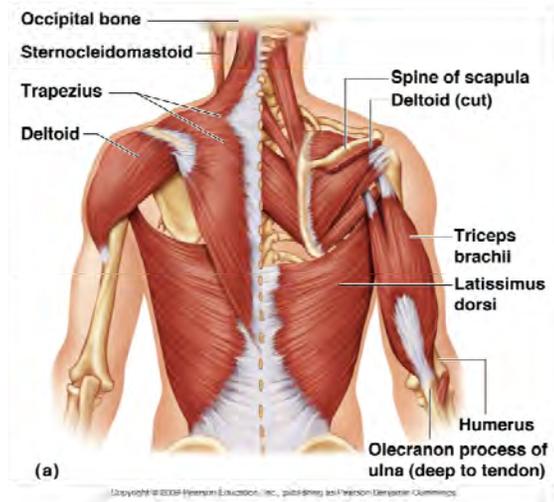
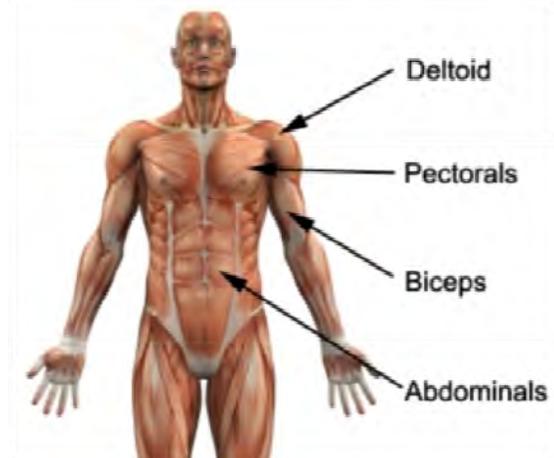
- Hip Flexors
- Adductors - Inner Thigh
- Quadriceps / Quads
- Shins / Tibialis
- Gluteal
- Abductors - Outer Thigh
- Hamstrings
- Calves

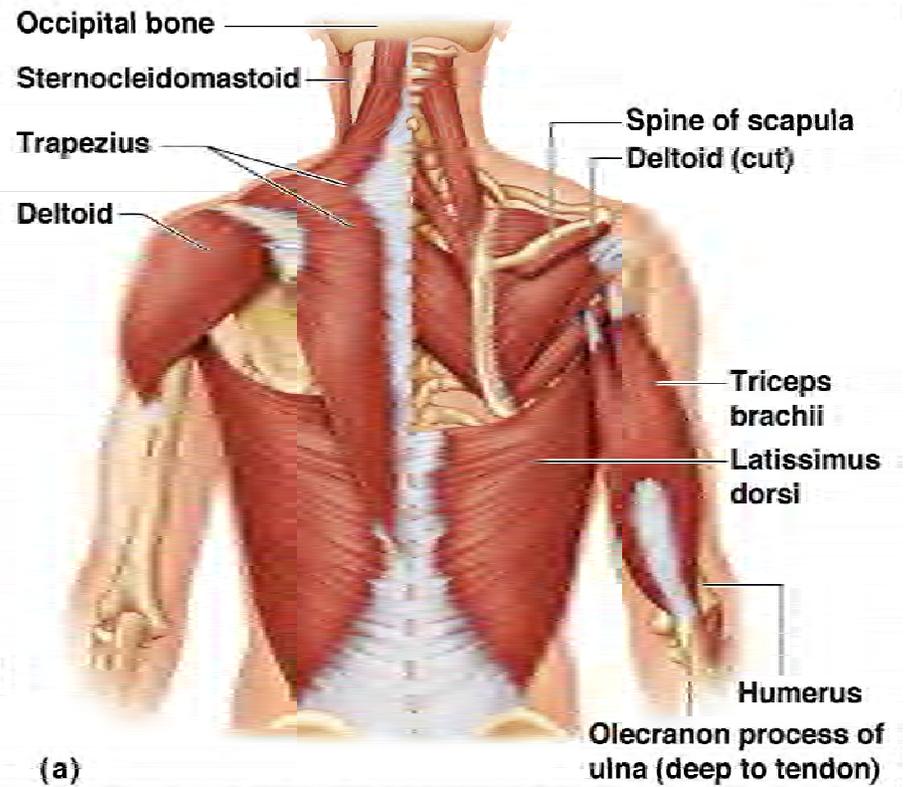
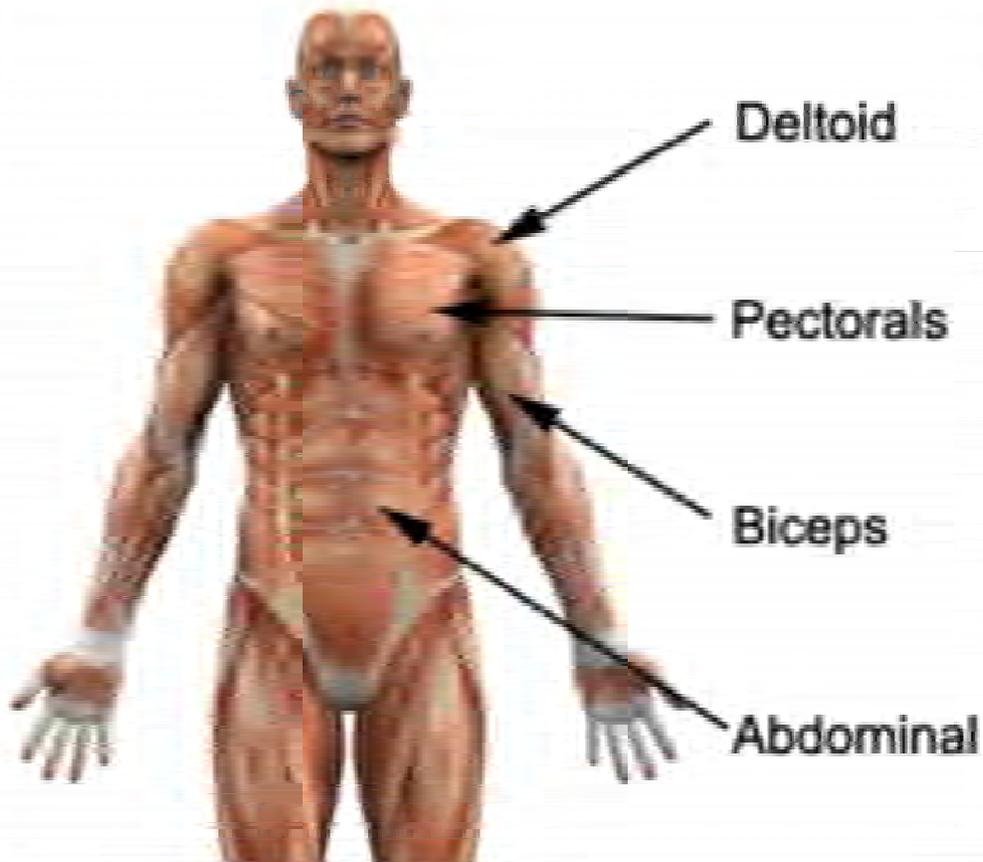




Move to the Upper Body

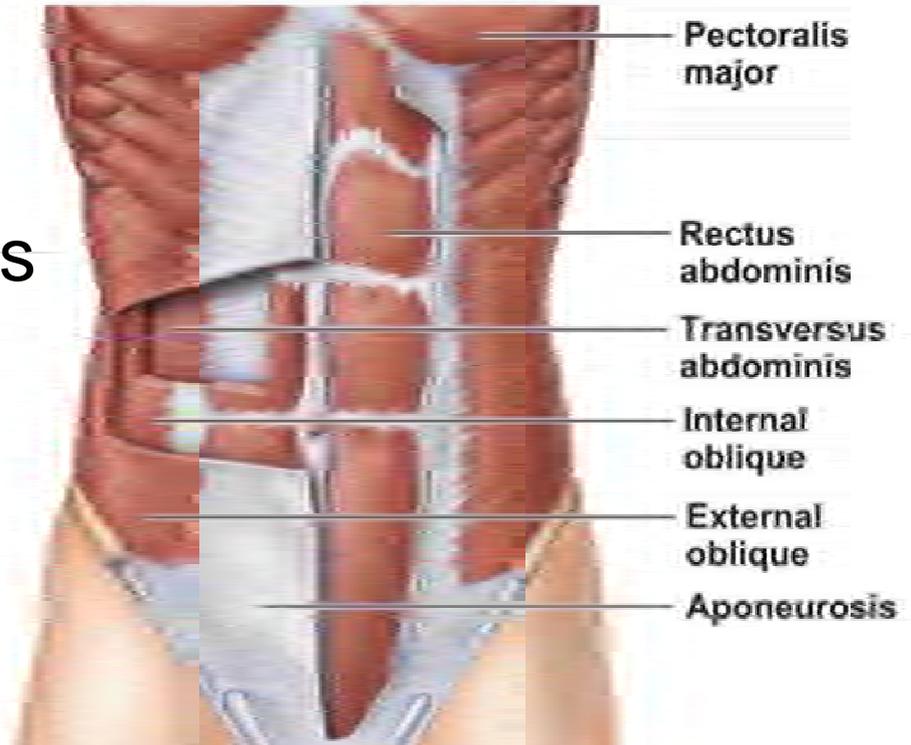
- Chest - Pectorals
- Shoulder - Deltoid
- Bicep
- Back
 - Trapezius/Traps
 - Latisimus Dorsi/Lats
- Triceps



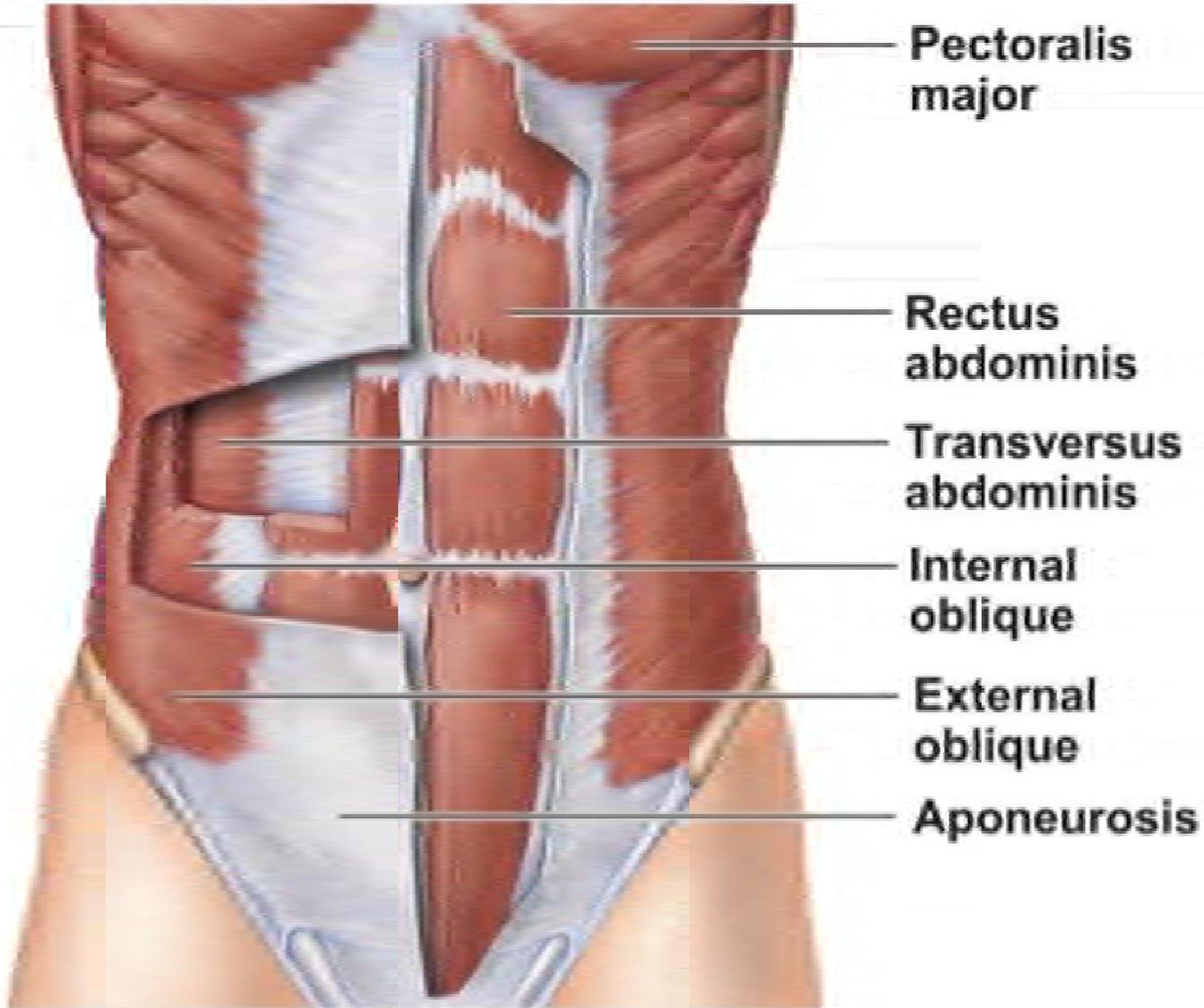


Move to Core

- Rectus Abdominus
 - Abs
- Transverse Abdominus
 - Tranverse
- Obliques



(b)



(b)

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MOTIVATION

- Pull the moves and muscles together to leave your students with that party-like feel
- We get our students motivated by being motivational!



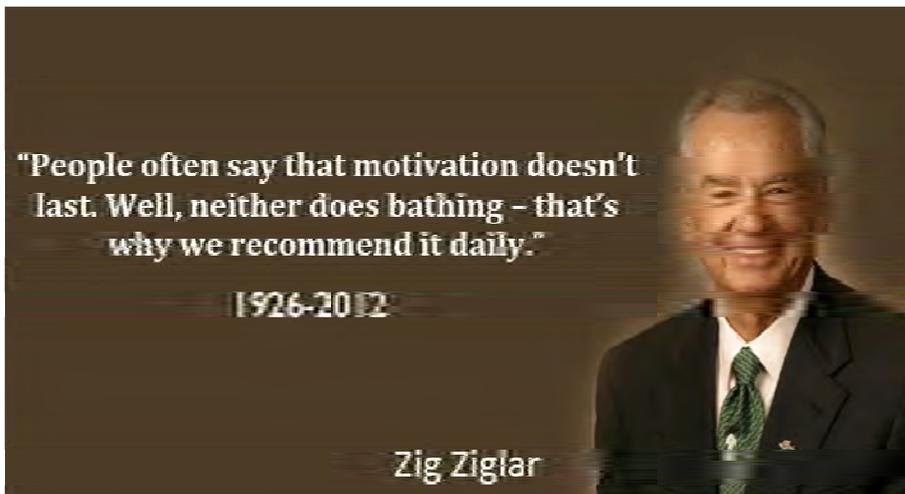
Verbal Motivational Cues

- Typical/common enthusiastic language
 - "great", "good", "wonderful", "fantastic", and "terrific".
- Unique phrases
 - "delicious", "empowering" or "explosive".



Wild Motivational Cues

- Outrageous or intriguing verbiage
 - "sexy" or "wicked".
- Different & current language
 - “boom” or “rockin” now and then



Visual Motivational Cues

- Jump a little higher
- Look a little stronger
- Set a stellar example
- Smile
- Point (with 2 fingers)



Be Dramatic

- Be more dramatic than usual
- You are the host of a great party!
- Facial expressions
- Wild hand gestures
(nothing obscene)
- Pantomime exhaustion, self-importance, boredom or adoration for your students



Add Sounds

- Sing along with the music
- Add a whistle or a hoot
- Create a party atmosphere.



Watch for Reactions

- Watch for students getting distracted
- Ask students what they like
- Be sensitive - morning classes differ from the after work crowd



Deck Moves to Motivate

- Bend down at the pool's edge
- Get eye level with the participants
- helps our clients feel more connected and responsible for their exercise execution
- We do better when we know we are being watched!



Move to Get Connected

- Move to different parts of the front or side of the pool
 - Right or left
 - Side or all the way around to the back of the pool
- Include everyone!
- The L of RIPPLE stands for Lead, and moving around your pool lets you connect with your class more easily



Ask Questions

- Get your students to stay involved
- How do you feel?
- Do you feel this muscle?
- Are you working?
- I don't hear you!
- Ask them relevant questions that relate to the words of the song



Use the Words of the Song

- Keep connected to the music and moves
- Have them sing along with you
- The instructor starts with the verse
- The students sing the chorus



The Right Music

- Using music your students know helps them sing along
- With enough repetition, your students will soon know the words!



Summary

- 1st Verse, Chorus and Bridge of your song/track, uses the D.R.I.L.L.L. principle.
 - Get your students to perform the choreography and **MOVE** with you.
- 2nd third of your song, be sure to mention the various **MUSCLES** that they are using
- 3rd and final third of your song, make it fun with **MOTIVATION**

Tracking Sheet

- Look at Verbal Cues & Visual Cues
- Script them for Move Muscle & Motivation
- Practice Cuing and Play with options



Conclusion

- We don't want our clients to merely tolerate WATERinMOTION, we want them to celebrate their water workout connecting with the instructor and with their peers.



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