

# A MOVING WORKOUT



WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

waterinmotion®  
Platinum

DISTRIBUTED BY **SCW**

**CALORIES**

AVERAGE  
**300**  
BURNED

**DURATION**

**45-55**  
MINUTES

**EXERCISE TYPE**

ADULT GROUP  
AQUA EXERCISE  
WORKOUT

**INTENSITY**

LOW IMPACT,  
MODERATE ENERGY.  
YOU DETERMINE  
THE INTENSITY

**MUSIC**

CLASSIC  
OLDIES  
SING-ALONG  
TUNES

**EQUIPMENT**

AQUA NOODLE

**RESULTS**

INCREASES STRENGTH &  
ENDURANCE, INCREASES  
MANUAL DEXTERITY  
INCREASES LEVEL  
OF INDEPENDENCE

