

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

