

Back to the Basics

By *Connie Warasila*

WATERinMOTION is swiftly approaching its 10-year anniversary. Oh, how we've grown and changed in the last decade. It is an exciting time for celebration and, also, a time to evaluate. Our instructor base is a well-educated family, taking aquatic exercise to a new level. So, as we prepare for the next decade of new releases, we strive to equip our instructors with the most thorough instruction about movement demonstration on deck and in the water. Come take a fresh look at our basic movements, analyze your own demonstration, and sharpen your visual delivery of our most common water moves.

LOADING DOWN

One of the most important basic skills in water fitness demonstration is "Loading down." Loading down is a skill that we find most instructors need to practice often. To review, loading down is simply showing, from the deck, a simulation of rebound movement in the water. It is important to communicate to students that some water movements are performed with a rebound (jump). Verbally cuing rebound is good but showing rebound is better! Here are some ideas to improve your loading down skills:

1. Loading down - bend your knees and lower your body's center of gravity when showing landing on the pool bottom, usually on the beat of the music.
2. Prepare for the loading down by pre-lifting the body upward, like taking a breath before singing. Rise up on your toes, lifting your heels to show upward movement, without fully leaving the ground.
3. Shift your body's weight slightly forward to balance on the balls of your feet.
4. If you feel that it is necessary to fully rebound to demonstrate the desired movement, limit full rebound on the deck to 2-4 beats of music.
5. Always teach on a safe surface. There are many mats that are perfect for the pool deck. Look for non-slip, anti-fatigue material. Home improvement stores may carry an item in the flooring department that is affordable and effective.

BASIC MOVES

See the chart below for a list of our most commonly used moves in WATERinMOTION, variations used in our movement design, the joint actions used to perform each move, the main muscles involved in those moves, and some notes to clarify the movements.

Water movement can be categorized into three main categories:

- One-footed rebound (hop or jog)
 - Leg swings, soccer kicks, Jog, run, kicks, pendulum
- Two-footed rebound (jump)
 - Jump rope, jumping jacks, moguls, tuck jumps
- Suspension (no contact with the bottom of the pool)
 - Cross Country, Jacks, Shoot throughs

Review of most commonly used moves in WATERinMOTION:

Move	Variation	Joint action	Main Muscle	Note
REBOUND: One-footed				
Jog/Run		Knee and hip Flexion/Extension	Hip flexors, Hamstrings, Quads, Glutes	Lift knee to hip height
	Wide			Feet wide, or knees in external rotation
	Heel	Knee Flexion	Hamstrings, Quads	Lift foot up in back
Kick	Straight Front	Hip Flexion	Hip Flexors, Quads	Pointed toe increases drag
	Flick	Hip and knee flexion/Extension	Hip Flexors, Quads	
	Straight Back	Hip Extension	Glutes	Avoid spinal ext.
Karate Kick	Front	Hip and knee Flexion/Extension	Hip flexors, Hamstrings, Quads, Glutes	Emphasize the chamber as preparation, strike with the heel
	Side	Hip and knee Flexion/Extension, Hip abduction	Hip flexors, Hamstrings, Quads, Glutes	
	Back	Hip and knee Flexion/Extension	Hip flexors, Hamstrings, Quads, Glutes	
Leg Swing	Front/Back	Hip Flexion/Extension	Hip Flexors, Quads, Glutes	Maintain a rebound
	Side/Cross	Hip AB/ADduction	Inner thighs, Glutes	
Pendulum		Hip AB/ADduction	Inner thighs, Glutes	Emphasize the inward movement, touch feet together in the middle
Leap	ALT Leap	Hip and knee Flexion/Extension	Hip flexors, Quads, Hamstrings, Glutes	Use a powerful push off the pool bottom
	Same Lead F	Hip and knee Flexion/Extension	Hip flexors, Quads, Hamstrings, Glutes	
	Same Lead S	Hip and knee Flexion/Extension, Hip External rotation, Hip ABduction	Hip flexors, Quads, Hamstrings, Glutes, Inner thighs	
REBOUND: Two-footed				

Jump	Jump rope	Knee & hip flexion/extension	Quads, Hamstrings, Glutes	Focus on upward acceleration
	Tuck (in place or Front/Back)	Knee, hip & spinal flexion/extension	Quads, Hamstrings, Glutes, Rectus Abdominus	Keep the rebound as knees pull up
	Mogul (Side to side)	Knee, hip & spinal flexion/extension, spinal lateral flexion	Quads, Hamstrings, Glutes, Rectus Abdominus, Obliques	Align hips and shoulders front to avoid twisting
Jumping Jack		Hip AB/ADduction	Glutes, Inner thighs	Feet touch in the middle
Cross Country		Hip flexion/extension	Hip flexors, Quads, Glutes	Apply force on the directional change to increase intensity
NEUTRAL/SUSPENSION:				
Cross Country		Hip and knee flexion/extension	Hip flexors, Glutes, Quads, Hamstrings, Rectus abdominus	Instruct to lengthen both legs
Jack		Hip and knee flexion/extension, hip AB/ADduction	Hip flexors, Glutes, Quads, Hamstrings, Rectus abdominus	Instruct to extend legs to the side of the body
Flutter kick		Hip and knee flexion/extension	Quads, Hamstrings, Glutes, Hip flexors	Pointed toes create more resistance
Seated kick		Knee flexion/extension	Quads/Hamstrings	Maintain upright posture
Shoot-through	Side	Hip, knee, spinal flexion/extension, spinal lateral flexion	Rectus abdominis, Obliques, Hip flexors, Glutes	Stack shoulders and hips in the extended position
	Front/Back	Hip, knee, spinal flexion/extension	Rectus abdominis, Hip flexors, Glutes	Opposing arms will assist execution

Please watch the video lecture for precise demonstration of all these moves. After reviewing and practicing the moves, video tape yourself teaching and review your video to determine what moves you are performing accurately and what moves may require further review and practice to improve your visual demonstration of the WATERinMOTION program.

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