



**WATERinMOTION® Wave 42 &
Platinum 21 Education**



The “RIPPLE” Method

How to teach WATERinMOTION! We have a system — The RIPPLE!

By becoming a certified WATERinMOTION® instructor you will learn the secrets of the RIPPLE Method. Using the **R.I.P.P.L.E. METHOD** will help you get the most out of your potential for greatness as an instructor. What does RIPPLE mean?

R	Remember	(The choreography)
I	Instruct	(Verbally cue)
P	Perform	(Visually cue)
P	Personalize	(Teach the individual)
L	Lead	(Interconnect the entire group)
E	Excite	(Put it all together with excitement)



Your job as a WATERinMOTION® Instructor is to use the RIPPLE Method, to create a fitness WAVE! What shores do you want to reach?

The “RIPPLE” Method:

R - REMEMBER (Choreography)

1) Know your Choreography

WATERinMOTION® requires strict adherence to the choreography. This program has been tested by industry experts, aquatic veterans, and test subjects. As written, it is safe, effective, and fun! Straying from the pre-choreographed format is not permissible.

There is freedom in memorizing your script. Knowing exactly what move will go to which beat of each track makes it easy for WATERinMOTION® instructors to focus on teaching.

The following TIPS will help you learn your choreography:

- **LEARN THE MUSIC:** Knowing the music well will make applying movement easier. Upon receiving a new WAVE (new music kit, new edition, or new release), listen to the soundtrack several times before watching the video or looking over the choreography notes.
- **MIMIC THE MOVEMENTS:** Once you are familiar with the basic soundtrack, watch the video and move along a few times. You will begin to “learn” the wave and understand the choreography notes. Be aware that the video is “reversed”. The presenters are leading so you can learn the movement in mirror image. The verbal cues remain the same selecting “right” and “left”, as you would use to direct your participants.
- **READ THE NOTES:** The notes will become your code, script, guide, outline & lesson plan for your class. The notes explain extensively how to use this most valuable component of each new WAVE. Each track has a specific focus that remains consistent for all future waves of WATERinMOTION®. The first track slowly warms the body using short levers and a limited range of motion. The next 7 tracks focus on cardiovascular exercise using varying aquatic styles to achieve an elevated heart rate. Tracks 9-11 are strength orientated focusing on the upper body, lower body, and core. The final track enhances flexibility and relaxes/cool the body to finish this exhilarating workout.

Understanding your Choreography Notes - Reading your Wave Release Kit

The far left column "Time" indicates the iPod, mp3 player, or CD player time stamp at which a move begins or pattern changes. This is listed to assist you as you read your notes so that you do not lose your place. Later, this column will be helpful as you prepare your comments for class.

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 ropes front	
			1 x 8	Jump rope	1		Get this party started	Right for 4, left for 4	
			1 x 8	Jump rope face R x4, Jump rope face L x4	8		We got to take a stand	Face us for 8	
			1 x 8	Jump rope	1		Win a battle you never	Let's go right	
0:44	B	Chorus 1	1 x 8	JACK & REACH Jack Arms: reach up R/L, Lateral bi/tri x2	16		Get up get up get busy	Jumping jack, right arm up	
1:12	C	Bridge 1	4 x 8	JOG GET DOWN Arms punch, Jog heel x2, Open arms, Jog high knee x2	8	R	Get down, get up	Jog down and jog up	
1:40	A	Verse 2	4 x 8	JUMP ROPE	1		We've got to take a	Back to jump rope	
2:08	B	Chorus 2	4 x 8	JACK & REACH	1		Get up get up get busy	Jumping jack, rt. up	
2:37	C	Bridge 2	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down w/ the jog	
3:05	A	Verse 3	4 x 8	JUMP ROPE	1		Get up off your 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	Jacks one more time	
		Finish	1 x 1	Land wide, reach arm up					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Match the moves with the words in the song. Sing along to your students. It will make learning, teaching and enjoying the choreography much easier.

The next column is not titled but in a full segment of choreography will contain a pattern. Letters "A", "B", and "C" will reflect a repeated combination of movements that will be spelled out only the first time it is introduced. "Pattern" learners will become very familiar with this column. The creators of this program have attempted to offer options for learning to address as many learning styles as possible.

“Song part” references the musical section of each track.

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			1 x 8	Jump rope			Get this party started	Right for 4, left for 4	
			1 x 8	Jump rope		8	We got to take a stand	Face 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	
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“Intro” is the opening of a song in which there may or may not be unique choreography and/or introductions that are not repeated throughout the track.

“Verse” indicates those segments of a song in which beats and melody are the same, but the words are different.

The “Chorus” of a song is the most familiar, identifiable section of a song. It is repeated verbatim numerous times in the track and has “matching” choreography that is repeated to exactly match the phrasing of this section.

A “Bridge” is a short portion of the track that is unique and may differ from time to time.

Lastly, “Finish” part refers to the closing phrase of some tracks. This is the final pose in the song.

- **Counts** are the fundamental method of establishing a movement series for experienced fitness instructors. WIM follows a strict 32 count phrase (64 counts if you use water speed) in nearly every track and can be counted in “water tempo” by 8s for those who learn in this way. “2X8” indicates the movement or combination listed occurs for 2 8-beat counts at water tempo. Water tempo, is 2 “land speed” beats per single count.
- **The movement column** provides the details of the exercise being performed. Please be advised that the movement indicated is that of the participant. WIM teachers must watch the video for adaptations for deck instruction. All exercises begin on the down beat. A key of terms and definitions will be included in the choreography notes of each Wave release.

The “Reps” column indicates the number of times a movement is repeated in the specified number of counts.

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			1 x 8	Jump rope face R x4, Jump rope face L x4	8		We got to take a stand	Face us for 8	
			1 x 8	Jump rope	1		Win a battle you never	Let's go right	
0:44	B	Chorus 1	1 x 8	JACK & REACH Jack Arms: reach up R/L, Lateral bi/tri x2	16		Get up get up get busy	Jumping jack, right arm up	
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		Finish	1 x 1	Land wide, reach arm up					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Match the moves with the words in the song. Sing along to your students. It will make learning, teaching and enjoying the choreography much easier.

“Lead” simply refers to the lead leg you should cue for participants.

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WIM instructors are to deliver the class in mirror image meaning that you will say “left” and move “right”. For WIM format, the lead leg refers to the standing leg, not the lifting leg. The exceptions to that are for suspended movements (your lead leg is the one in front) and for the lower body track (your lead leg is the working leg). When performing a jog, Cue “right” and land on your actual left foot.

“Music Cue” is the word, sound, or other significant marker in the track that will assist you in knowing when a transition or new move is taking place.

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By learning the music first, you can make better use of these cues. Be sure, also, to cue participants at least 2 beats ahead of the actual movement change.

Lastly we have “Verbal Cues”. These are the concise, creative cues delivered on the video to lead the class through transitions.

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Trainer's Tip: Match the moves with the words in the song. Sing along to your students. It will make learning, teaching and enjoying the choreography much easier.

Feel free to learn what the presenters scripted for themselves, but also practice writing in creative cues of your own. This is the free section of the choreography. We want you to be YOU when teaching WIM. Make use of your creative juices and teaching experience to communicate with your class about the choreography.

The “RIPPLE” Method

I - INSTRUCT (Cue)

2) Cue Participants with precision

Once you remember and know the choreography, you need to be able to verbally inspire your students to move on cue. Great cueing is essential to an excellent aqua experience. The following tips will help you develop all the skills necessary to master cueing.

- **Know your audience.** Be aware of the language your group will best understand. Be louder for your older populations. Avoid any swears or complicated words.
- **Prepare in advance so you are not at a loss for words when the time to cue arrives.** Practice in front of a mirror to avoid getting off beat when verbalizing instructions. When you practice the movement and cueing together they should be seamless!
- **ALWAYS cue on beats 4, 5 or 6 prior to a change on 1.** Do not cue on the last beat of the phase (7 or 8). If the change is complex, prepare the class ahead of time, e.g.: “Coming up is a big change...” Cueing too late in the phrase will prohibit coordinated movement of class members.
- **Use visual cues whenever possible to confirm the verbal cues you are giving.** Cueing is verbal and visual. Move arms toward the direction in which participants will be turning or motion for the class to come toward you. Remember: In mirror image, you move forward and so does the class. You will be moving toward one another. Prepare the class for this so there is no confusion.
- **Cueing is the most critical factor to your teaching success.** Practice out loud and make sure you know what you will say on what beat of each phrase to make sure you can communicate upcoming choreography clearly, concisely, and creatively whenever possible. Use of both initial and follow-up cues allows your participants to move safely through the water.
- **Be loud!** Use a microphone whenever possible, choose your words carefully, and try to shorten cues so that you are heard and followed effectively. Remember, sometimes when you say less it means more!
- **Be sure to use WATERinMOTION® terminology.** Every instructor on staff should be able to substitute for one another with ease without confusing class participants. The moves must be used in a consistent fashion to better lead your students.

The “RIPPLE” Method

P - PERFORM (Technique)

3) Demonstrate proper form and technique:

Mastery of both the movements in the water and on the deck is of utmost importance to WATERinMOTION® instructors. In order to effectively teach this program, you must be capable of credibly demonstrating the moves on deck for participants.

- Be careful on deck to protect your knees and back. Keep your own abdominal muscles engaged and utilize a mat or cushioned and non-slippery teaching surface whenever possible.
- Make every effort to perform suspended and rebounding movements exactly as demonstrated in the wave DVD.
- Strong, crisp, resisted movement will communicate clearly to your participants.

In order to emerge from Instructor Training as a certified WATERinMOTION® instructor, you must properly demonstrate all of the exercises in your Wave Release Kit and the ability to present the two tracks that you were assigned.



The “RIPPLE” Method

P - PERSONALIZE (Connect With Individual Participants)

4) Build a personal relationship

So you’ve mastered the manuscript, motion, and method of communication. With these skills in your arsenal, you may already be a better than average instructor. In order to move on to the next level, you must dig deeper and begin developing relationships with your individual participants. You may be wondering how you relate to an entire class in one hour, but it can be done. To create a relationship you must make a personal connection with someone.

- Making eye contact.
- Using their names occasionally.
- Smiling, singing, making jokes, i.e. being yourself, is all that is required.
- Being careful to make a personal connection with as many participants as possible prior to class can help you when you inevitably need to provide gentle correction or redirection throughout the class. Unless you establish a sense of trust, there will be no appreciation for your commitment to the ultimate success of all who attend your WATERinMOTION® classes.
- You may wish to congratulate the individual you need to address prior to providing a corrective statement. “Great job guys... now make sure that you are keeping your torso lifted and core tight for great posture in the pool”.
- Also important is your follow up commendation or compliment of their adjustment. “That’s it, just like that”.

Keeping the class moving forward with the choreography, with proper form, in sync with you and one another, and also progressing in their workout is up to you. Connecting both before and after is the key to your success.

The “RIPPLE” Method

L - LEAD (Interconnect the Entire Group)

5) You are the leader and the goal is to help the group pull together. Assisting them to work as a team and not just connect with you, but with each other is the goal. Try making the workout a party - make it fun - make it memorable! There’s a bit of a star in everyone who steps in front of a class. Let him/her out! This is your opportunity to create an experience for your participants by showing your star power! Include:

- Creative intros.
- Choreographed finishes.
- Playful instruction is the icing on the cake for a competent communicator. Your ability to become a superstar on deck will determine how many lives you touch.
- Borrow from the presenters on the DVD
- While the choreography is non-negotiable, playful cuing and instruction is completely up to you.

Let yourself go and create a class environment that is irresistible to your participants.

E - EXCITE (Celebrate Success)

6) Be excited and celebrate with your class

End the class with a splash! Let your personality and humor be the finishing touches on an awesome exercise experience.

- Be real with your class and celebrate!
- Learn about the goals and accomplishments of your class members. Your celebration will affirm the validity of their goals and acknowledge their hard work. Five pounds lost, five minutes of endurance gained, minor health problems resolved...these are all worthy of your praise.
- Endearing yourself to your participants will ultimately determine your success.
- Be careful to NEVER be fake or feign interest. The only thing worse than a disinterested instructor, is a disingenuous one.

Know why you want to be in fitness and appreciate the purpose for which we exist: To serve others and guide them toward improved health, wellness, fitness, and quality of life. What we do matters and we need to recognize that.

- You are the droplet that starts the RIPPLE that can change the world!

Take the Quiz Online!

CLICK HERE »