

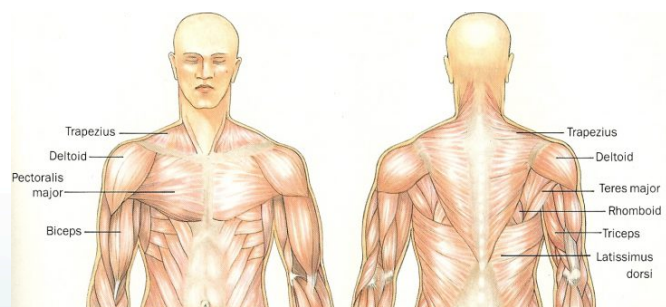
WIM 32: WHATS UP WITH THE UPPERBODY

By Connie Warasila



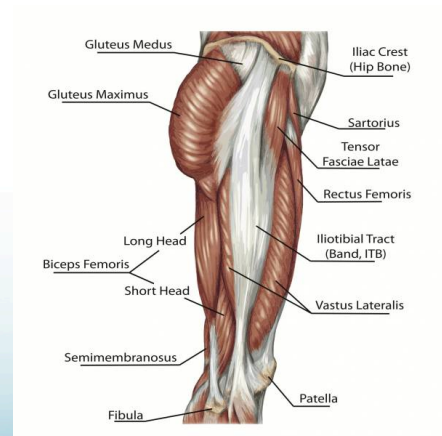
The Upper Body Afterthought

- Muscles of the upper body
- Their locations
- Their purpose
- Some exercises used in WATERinMOTION® to target those muscles



Cardio Driver

- Lower body does contribute the most to caloric expenditure
- Address lower body first



Upper Body Add On

- Complementary to the main movement of the lower body
- Sometimes forgotten in our instructions
- Addition of strong, upper body movements contributes to:
 - Upper body strength
 - Flexibility
 - Gains in coordination
 - Enjoyment of exercise



Burn more calories with upper body?

- “Making Sense of Calorie-burning Claims” by Robert A. Robergs, Ph.D., and Len Kravitz, Ph.D.
- Adding upper body moves to intense cardio-based lower body movement does not increase caloric expenditure
- BUT – for clients who may not be able to maximize lower body intensity, adding upper body movement can be an important contributor to burn calories



Upper body moves in WIM

- Increase:
 - Strength / Endurance
 - Flexibility
 - Fitness and skill levels
 - Fun
- After lower body cues, add upper body cues to:
 - Increase turbulence, strength, playfulness, and movement style



Accurate Cuing

- Review upper body anatomy
- **Shoulder:** Shoulder Movements using sternoclavicular, acromioclavicular and glenohumeral joints:

<u>Action</u>	<u>Muscle</u>
Flexion	Biceps brachii, pectoralis major, anterior deltoid and coracobrachialis
Extension	Posterior deltoid, latissimus dorsi, teres major
Abduction	Supraspinatus, medial deltoid, trapezius, serratus anterior
Adduction	Pectoralis major latissimus dorsi, teres major
Medial rotation	Subscapularis, pectoralis major, latissimus dorsi, teres major, ant deltoid
Lateral rotation	Infraspinatus, teres minor



More Anatomy

- Shoulder Girdle Movements (involving the clavicle and scapula)

<u>Action</u>	<u>Muscle</u>
Elevation	Rhomboids, trapezius, levator scapulae
Depression	Trapezius, pectoralis minor
Retraction	Infraspinatus, teres minor, teres major
Protraction	Serratus anterior



More Anatomy

- Elbow movements
- Action Muscle
- Elbow Flexion Brachialis, biceps brachii, brachioradialis
- Elbow Ext. Triceps brachii, anconeus
- Pronation Pronator teres
- Supination Supinator



Choreography Review



This image cannot currently be displayed.



The Big Takeaway

- Teach lower body, primary moves first
- Then add the upper body movement
- After you cue the lower body muscles involved in a movement, mention the upper body muscles
- Know your upper body anatomy, deliver accurate information



THANK YOU!

