

WATERinMOTION 40 The Magic of Music

Created by Connie Warasila

www.WATERinMOTION.com

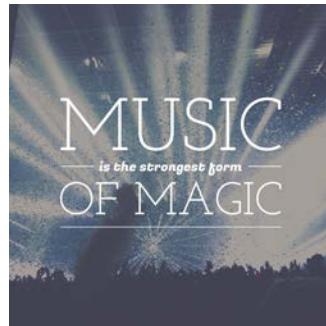
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The Magic of Music

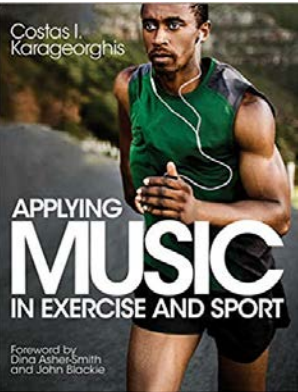
- Energy level
- Track length
- Tempo
- Mood
- Variety



The OLD and The NEW


- | | |
|--|--|
| <ul style="list-style-type: none"> • Original song structure • 12 tracks • Irregular repetition | <ul style="list-style-type: none"> • Engineered song structure • 10 tracks + bonus • Ordered repetition |
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The Value of Music for Exercise

- Costas Karageorghis, Ph.D. Brunel University School of Sport and Education
 - The tendency to move in time with synchronous sounds
 - The tendency of music to increase arousal
 - The tendency for music to distract the exerciser from discomfort that might be related to exercise



The Value of Music for Exercise

- Carl Foster, Ph.D. and John Porcari, Ph.D.
 - Reviewed multiple research studies about music and exercise
 - Exercise is more enjoyable with music
 - Distraction from discomfort
 - Encourages higher exercise intensity


WATERinMOTION Music

- Chosen for exercise success
 - Cardio-respiratory response, muscular strength and endurance, flexibility and relaxation
- Motivating
- Blends appropriate intensity and fun
- Promotes exercise adherence




WATERinMOTION Music Characteristics

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog	16	R					
0:16	A Verse 1	4 x 8	SAMBA ALT Fast Kick wide/hun/jog freeze	16	RL	The cup of life	MOVE: Samba move, knees high, use hands			
0:42	B Chorus 1	4 x 8	DOUBLE JACKS DBL fast JJ out/jump in, jump R x2 DBL fast JJ out/jump in, jump L x2	4	R	Here we go	Double jack together, jump 2			
1:09	C Bridge 1	1 x 8	TRAVELING JACK JJ TVL R x3, Cross kick x1	1	R	We come together	Jumping jacks traveling side			
		1 x 8	JJ TVL L x3, Cross kick x1	1	L	We come together	Other side			
		1 x 8	JJ TVL R x3, Cross kick x1	1	R	Ale, Ale	Reach for the kick			
		1 x 8	JJ TVL L x3, Cross kick x1	1	L	Ale Ale	Big rebound			
1:37	A Verse 2	4 x 8	SAMBA	1	RL	La vida es pura	MUSCLES: Samba, Abs, glutes, quads			
2:04	B Chorus 2	4 x 8	DOUBLE JACKS	1	R	Here we go	Double jacks, inner thighs			
2:32	C Bridge 2	4 x 8	TRAVELING JACK L	1	RL	We come together	Travel jacks, glutes, inner/outer thighs			
2:59	A Verse 3	4 x 8	SAMBA	1	RL	The cup of life	MOTIVATION: Samba, show me your personality			
3:27	B Chorus 3	4 x 8	DOUBLE JACKS	1	R	Here we go	Double jack,			
3:54	C Bridge 3	4 x 8	TRAVELING JACK	1	RL	We come together	Traveling jacks, farther			
4:22	B Chorus 4	4 x 8	DOUBLE JACKS	1	R	Here we go	Double jacks, make it yours			
	Finish	1 x 1	Land wide, arms up							
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



WATERinMOTION Music Characteristics

BEATS
per minute

- Tempo/BPMs
 - Warmup – 136
 - Cardio – 140
 - Muscle/Flotation bonus – 132
 - Flexibility – as close to the original song as possible

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WATERinMOTION Music Characteristics



- Sound effects
 - Warmup – Introduction sweep + 16 counts
 - Signal before the last block
 - Finish beat

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WATERinMOTION Music Characteristics

- Recognizable/Popular/Styles
 - Music you can sing along to
 - Mainstream exposure
 - Varied styles, i.e., Pop, Rock, Country, Rap, R&B, Motown, Oldies



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WATERinMOTION Music Characteristics

- Sound quality for pool environment
 - Produced with minimal 'bass' to lessen reverberation
 - Consistent volume



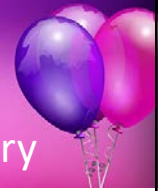
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WATERinMOTION Music Characteristics

- Words/Lyrics
 - Profanity-free music
 - Positive lyric content



Happy 10-Year Anniversary



- Enjoy the playlist
- Listen for special characteristics
- 2nd chance songs
- Celebrate!



THANK YOU FOR COMING!



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