



## 218 AMC THE NEXT LEVEL

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Cardio and power training class for advanced clients in the deep water. Do you want new ideas for effective and functional training? Change directions with precision, create a fun program and develop techniques for advanced water fitness lovers! Move to the next level of your training.

### ***Warm Up***

Simple jogging sets, swimming elements, and hand movements in different directions graduating from short to long movements/levers

### ***Main Segment***

Blocks that contain 4 simple elements. Some blocks are cardio, others are power, and some with both cardio and power movements. Choreography methods: 4 the methods of choreography: Pyramid, Add-On or Building Block, Pure Repetition or Patterned, Layer Technique and different water tempos.

Choreography:

#### 1st block

Teaching with Add-On or Building Block

- CROSS COUNTY  
Water tempo – 8 beat  
Land tempo with small amplitude – 8 beat
- CURL BACK  
legs, one by one with Water tempo – 8 beat  
both feet together with Land tempo – 8 beat
- PUSH DOWN WITH BOTH FEET OUT - 4 times - 16 beat
- PUSH UP WITH BOTH FEET THROUGH THE SIDE- 4 times - 16 beat

Then we apply the Layer Technique

#### *The first change*

- **PRESS WITH BOTH FEET TO THE FRONT AND OUT**  
- 1/2 Water tempo (2 times - 16 beat) ore - Water tempo (4 times - 16 beat)
- CURL BACK  
- legs, one by one – 8 beat  
- both feet together – 8 beat
- PUSH DOWN WITH BOTH FEET OUT - 4 times - 16 beat
- PUSH UP WITH BOTH FEET THROUGH THE SIDE- 4 times - 16 beat

### *The second change*

- **PRESS WITH BOTH FEET TO THE FRONT AND OUT**  
- 1/2 Water tempo (2 times - 16 beat) ore - Water tempo (4 times - 16 beat)
- **KICKS CROSSWAYS TO THE FRONT**  
- with wide position for feet, 1/2 Water tempo
- **PUSH DOWN WITH BOTH FEET OUT** - 4 times - 16 beat
- **PUSH UP WITH BOTH FEET THROUGH THE SIDE** - 4 times - 16 beat

### *The third change*

- **PRESS WITH BOTH FEET TO THE FRONT AND OUT**  
- 1/2 Water tempo (2 times - 16 beat) ore - Water tempo (4 times - 16 beat)
- **KICKS CROSSWAYS TO THE FRONT**  
- with wide position for feet, 1/2 Water tempo
- **JACKS** - 4 times - 16 beat
- **PUSH UP WITH BOTH FEET THROUGH THE SIDE** - 4 times - 16 beat

### *The four change*

- **PRESS WITH BOTH FEET TO THE FRONT AND OUT**  
- 1/2 Water tempo (2 times - 16 beat) ore - Water tempo (4 times - 16 beat)
- **KICKS CROSSWAYS TO THE FRONT**  
- with wide position for feet, 1/2 Water tempo
- **JACKS**  
- 4 times - 16 beat
- **PUSH UP WITH BOTH FEET THROUGH THE SIDE CROSSWAYS**  
- 4 times - 16 beat

Finally achieving 2 different blocks

#### 1st block

- **CROSS COUNTY**
- **CURL BACK**
- **PUSH DOWN WITH BOTH FEET OUT**
- **PUSH UP WITH BOTH FEET THROUGH THE SIDE**

#### 2nd block

- **PRESS WITH BOTH FEET TO THE FRONT AND OUT**
- **KICKS CROSSWAYS TO THE FRONT**
- **JACKS**
- **PUSH UP WITH BOTH FEET THROUGH THE SIDE CROSSWAYS**

### 3rd block

Teaching with Add-On or Building Block and Pyramid.

- ROLL TO THE RIGHT (L) SIDE (1-2-3-4)
- HIP FLEXION LYING ON THE RIGHT (L) WITH STRAIGHT LEGS  
2 times (5-6-7-8, 1-2-3-4)  
+ LEGS ACROSS + ROTATION LYING OVER PRONE POSITION (5-6-7-8)
- HIP FLEXION WHILE SITTING WITH LEGS STRAIGHT (sideways to instructor) (1-2-3-4)
- SCISSOR LEGS MOVING DOWN from a seated position (5-6-7-8)

### 4th block

Use in this block almost all the methods of choreography. Use a little of each: Pyramid, Add-On or Building Block, Pure Repetition or Patterned, Layer Technique

- CROSS COUNTY (R) (1-2-3-4-5-6)  
+TURN TO THE RIGHT WITH LEGS OUT (7-8)
- THE WAVE OF THE BODY + TURN BACK  
feet move out into center (1-2-3-4-5-6-7-8)
- CROSS COUNTY (R) (1-2-3-4-5-6) The first movement is left leg to the back  
+ KICK TO THE FRONT (L) 1 time (7-8)
- CROSS COUNTY (R) (1-2-3-4-5-6-7-8) ½ water tempo  
Repeat this combination of 4 - 6 times, then change last element (CROSS COUNTY ½ water tempo) to the bicycle at water tempo. This will change the lead foot; repeat combination.

If you have the time and the fitness level of your students in this class allows, you can put together all blocks and repeat from beginning to end at the end of the lesson.

### ***Final Part***

Calm, smooth movements at low intensity. Spine, chest, leg & abdominal stretching. Relaxation.

### **Goals:**

1. Improvement of coordination;
2. Endurance of cardiovascular system;
3. Endurance of muscular system;
4. Positive emotions.

### **Music**

140 / 100 BPM to allow for different movement tempos and amplitudes.

