

Aqua Vertizontal

By Mark Grevelding

Thrill your classes with a synchronized, acrobatic deep water adventure. This workout features combinations that originate vertical, transition to horizontal and then return to vertical. Maximize your aquatic experience with cool moves that demand more from the core while churning up the cardio and burning up the calories.

Objectives:

- Incorporate creativity into deep water workouts
- Create a workout that forces more from the core
- Provide a challenge to advanced participants with vertical to horizontal transitions
- To demonstrate the need for multi-level programming in more advanced workouts.
- Why did you take this session? _____

Aqua Vertizontal FAQs

What is Aqua Vertizontal?

- Vertizontal programming blends vertical and horizontal aquatic fitness exercises. The workout combines the best of vertical deep water aerobics, cardio core programming (vertical to horizontal transitional work) and synchro inspired horizontal work.

Who is Aqua Vertizontal designed for?

- This program is designed for more advanced aquatic fitness participants, people with strong swimming skills, healthy bodies and good agility.

Who would have difficulty participating in an Aqua Vertizontal workout?

- Individuals with excess body fat, particularly in the abdominal region or lower body will have difficulty with agile transitions from horizontal to vertical. People with lower back issues and weak core musculature will also have difficulty with transitional moves.

Can they still participate in the class?

- Yes, because all combinations are taught first in vertical position before offering the more challenging vertical to horizontal transitions. Obviously, people who lack swimming skills would be advised to avoid this workout.

Do participants have to wear a deep water belt?

- Absolutely, attached mid section support is required here. There are no other options.

Can this program be modified for shallow water?

- Some of the combinations could be modified for shallow water with the use of a belt. However, transitional depth (4.5ft-5ft depending on height) would be best. Please keep in mind that many students who take shallow water classes do not have swim skills and they will not be comfortable with the workout even in shallow water.

Is there a DVD for Aqua Vertizontal?

- Not yet! A DVD will hopefully be filmed in summer 2010.

Building a Vertical Routine

Typically, you need to consider three types of movement when building your Vertical routine.

1st - You will need traditional deep water vertical movements because each combination should first be demonstrated in vertical position before offering the challenge of working the combination horizontally up to the surface. Keep in mind that there will be people in your class that will prefer to stay vertical.

2nd – Transitional movements will be a must. These are the movements that will get you from vertical to horizontal and vice versa.

3rd – Once you make your way into horizontal position you will need movements to perform at the water's surface in modified supine position.

Deep Water Vertical Base Moves – Examples

Jumping Jacks

Cross Country Skis

Knee High Jogs

Heel High Jogs

Kicks

Ankle Reach

Tucks

Frog Tucks

Flutter Kick

Moguls or Side Shoots

What else? _____

Transitional Moves – Examples

Jog up & jog down

Ankle Reach up & down

Frog Tucks up & down

Ski up & down (sideways)

Jack Tuck – roll on your back

Tuck & Shoot

Star Jack (Mark's terminology)

Half Gainer (Mark's terminology)

What else? _____

Horizontal Moves - Examples

Swim inspired movements (back stroke, side stroke & more)

Abdominal inspired movements (crunches, V ups, ankle reach, figure 4 & more)

Twisting/rotational movements (hip roll, full twist & more)

Spinning or turning movements (jogging sideways at the surface & turning 360)

Moguls/Side Shoots

Jumping jacks

What else? _____

Examples of Vertizental Combinations

#1 - Features Skis & Jogs

Vertical/ Simple Version

Layer 1 - Ski x 8 (16) Jog x 8 (16)

Layer 2 – Ski x 4 (8) Jog x 8 (16) Ski x 4 (8)

Transitional/ More Advanced

Ski up sideways (feet to right side) x 4 (8) Jog sideways x 8 (16) Ski down to vertical x 4 (8)

Ski up sideways (feet to left side) x 4 (8) Jog sideways x 8 (16) Ski down to vertical x 4 (8)

Transitional/ Advanced

Ski up sideways (feet to right side) x 4 (8) Jog sideways turning in a complete 360 counter clockwise x 8 (16) Ski down to vertical x 4 (8)

Ski up sideways (feet to left side) x 4 (8) Jog sideways turning in a complete 360 clockwise x 8 (16) Ski down to vertical x 4 (8)

#2 – Features Frog Tucks & Ankle Reach

Vertical/ Simple Version

Frog Tuck x 8 (32)

Single Ankle Reach ½ WT R x 4 in front (16) Single Ankle Reach ½ WT R x 4 behind (16)

Repeat with Ankle Reach on L

Vertical/ More advanced (repetition reduction)

Frog Tuck x 4 (16)

Single Ankle Reach ½ WT R x 2 in front (8) Single Ankle Reach ½ WT R x 2 behind (8)

Repeat with Ankle Reach on L

Transitional/ Advanced

Frog Tuck x 4 (16) Frog Tuck x 4 – moving up to horizontal (16)

Horizontal Single Ankle Reach R x 2 in front (8) Horizontal Single Ankle Reach R x 2 behind (8)

Frog Tuck returning down to vertical x 4 (16)

Repeat with Ankle Reach on L

NOTE TO IAFC ATTENDEES

At the time the IAFC Session CD was compiled (February 2010), the pool choreography notes for Aqua Vertizental were not finalized and therefore not included in the session CD.

Whether you were registered for this session and missed out on getting the choreography notes, or did not register for this session and would like to see the choreography – please email Mark Grevelding directly to receive the notes: markgrev@gmail.com