



AQUATIC EXERCISE ASSOCIATION

Next Level Noodle

References for this workshop are available upon request – email julie@aeawave.com

Take your aquatic class to the next level with creative cardio, targeted toning, and core concepts...all with the pool noodle. Explore all impact levels (grounded, propulsion & levels I, II, III) and modifications for all ability levels in this fun-focused, total body conditioning class.

INTRODUCTION

The pool noodle is likely the most cost-effective, readily available piece of equipment available for aquatic fitness classes. The versatility of programming makes this pool tool both fun and functional for a wide range of ability levels, and multiple class formats – both shallow and deep. *AEA does not recommend the noodle as the only source of flotation for deep-water classes geared to the general population.*

SAFETY CONSIDERATIONS

- **Type of Noodle**

All noodles are not created equal. Not only do pool noodles come in different diameters, lengths, shapes (round, square, octagonal) and configurations (hollow vs. solid), they are also designed from different foam materials. These variations affect the density and pliability of the noodle, thus influence the exercises that can be safely and effectively achieved with each type.

Today's movement patterns are designed around the smaller diameter, more flexible pool noodles. Exercises may need to be adjusted to the specific type of noodle that you are training with, so practice the moves with your specific equipment prior to introducing to your classes.

- **Hand & Wrist**

Some hand held equipment can be hard to hold and maneuver for those with upper body joint considerations, such as arthritis. Noodles typically can be used with a "loose grip", but it is important to continuously reiterate this during the workout. Tight gripping creates an isometric contraction in the forearm muscles, which can be detrimental to someone with high blood pressure.

Gripping Concerns Neutral Alignment - In

submerged

Design exercises so that neutral wrist alignment can be maintained for the majority of the time, and always return to that positioning. EX: During a plank – how are wrists aligned? Deviations from neutral wrist alignment may also result from long periods of submerged training with buoyant equipment, as the smaller muscles will fatigue first. This could exacerbate existing conditions or create new overuse injuries, such as carpal tunnel syndrome.

*Double shoulder
or mid back
pockets*

*narrow girdle width vs
wide girdle width*

• **Shoulder & Shoulder Girdle**

When submerging hand-held buoyant equipment, a participant must compensate for the equipment's tendency to float, as well as his/her buoyancy (influenced by body composition and water depth). Many participants have inadequate strength in the lower and mid trapezius to maintain neutral scapulae positioning, partially resulting from daily activities and gravity-influenced postural deviations. EX: Do you notice elevated shoulders or 'winging' shoulder blades in participants when working with hand held buoyancy?

*Over shrug -
depressed shoulder*

Our fitness goals should be to improve fitness levels, not aggravate existing issues or encourage poor habits. At the pool, we will practice a Shoulder Girdle Awareness activity to help participants become more aware of alignment. It is good to include a similar activity in classes that utilize the noodle or other handheld buoyancy to remind participants of the importance of posture and alignment, and bring awareness to the shoulder girdle before initiating more intense training.

*Flex - protractor (Shoulder Flex) - rounded shoulder
Protractor (Shoulder BIK)*

Shoulder impingement syndrome occurs when the soft tissue (tendons of the rotator cuff muscles and/or bursa) become compressed where they pass through the subacromial space. This can be caused by poor scapular stabilization, and is often due to weak serratus anterior and tight pectoralis minor muscles.

(weak upper back)

For a short video description of shoulder impingement, view this video:
<http://www.sportsinjuryclinic.net/sport-injuries/shoulder-pain/impingement-syndrome-shoulder/shoulder-impingement-explained>

• **Spinal Alignment**

Extended submerged use of buoyant equipment creates a static overload of the upper traps, a typically over-used muscle group due to lifestyle. Participants may begin to experience cervical spine issues, as well as soreness through the shoulders and upper back. Place a focus on scapular awareness and correct alignment during classes, especially when working with hand held buoyant equipment.

Additionally, certain exercises may create undue stress on the cervical spine; either due to improper exercise technique, poor body mechanics, or exercise progression beyond the individual's ability. EX: Modified supine core exercises that target spinal flexion & extension (e.g. curl up on crunch) where the participant tucks the chin to the chest. OR a forward plank where the participant hyperextends the neck to watch the instructor and/or keep face away from the water.

Submerged movement of buoyant equipment, when core control is not first achieved (due to lack of strength or body awareness), can lead to issues in the lumbar region of the spine as well. This area is typically a weak anatomical region. EX: Performing back kicks with the noodle forward of the body. Core should be braced (and kick ROM appropriate for the individual) to prevent excessive, repetitive lumbar hyperextension.

• **Muscle Balance**

Buoyant equipment involves both concentric and eccentric contractions of one muscle of a muscle pair when moved vertically in the water. The resistance is encountered when moving the noodle toward the pool bottom (concentric muscle action), whereas movements toward the

partner
from noodle to noodle

to noodle volleyball, the noodle can be your answer to creative planning for group interaction. Use of the noodle also allows many partner activities without requiring direct contact, which may make these activities more comfortable for some participants.

Finally, the noodle can offer assistance and variety to both *(three parts)* static and dynamic stretches. Consider innovative ways to use the noodle to target various areas of the body to keep the class engaged and interested during that final segment of class...when they are tempted to sneak out early to be the first one in the shower! Stretches can be performed with partners or independently. EX: Double Calf Stretch standing on the noodle with the heels dropping off the edge. Want to end the class floating to relax and unwind? The noodle can be the perfect tool to support the body. *(moving hands thru room)*

Partner stretch - Trust your partner

As with all group exercise programs that involve the flow of one movement to another, whether in a choreographed cardio segment or sequenced resistance training, transitions are imperative to safe and effective results. The use of equipment can further complicate transitions, especially in a fast-paced cardio routine. To maintain desired exercise intensity, and the overall flow of the class, plan the transitions as carefully as the movement patterns. With the noodle, one must consider the handhold on the noodle, equipment positioning on or around the body, and how the noodle is being used (i.e. tied or long). At the pool we will discuss and practice transitioning the noodle between exercises.

IMPACT LEVELS & NOODLES

Training with the noodle offers many options for body positioning and for impact level options during vertical exercise. Participants will enjoy, and benefit from, variety in programming. But always consider ability levels and preferences, providing options as needed. Participants may find that the added buoyancy of the noodle reduces the ability to maintain proper contact with the pool bottom, which is especially important in Level I and grounded techniques. In these situations, cue participants to move to slightly shallower water for vertical training with the noodles.

By color - JO, CC - Intermittent wave

• Level I

Lower body movement

Training in Level I, or rebounding activities, is probably the most common choice for shallow water exercise. Noodles can be used to achieve various goals. Added resistance probably comes to mind first, as it is the most obvious. EX: Jog with Single Arm Triceps Press Down or a Rocking Horse & Paddlewheel Arms.

The noodle can serve as a visual goal to train within a desired range of motion. EX: Submerged at hip height, try to touch thigh to the noodle with each repetition of a speed drill jog (avoid decreasing range of motion when increasing speed).

Along the same lines, the noodle can assist with body awareness. Perhaps participants have trouble moving the upper and lower body in opposition. The noodle can provide an enhanced visual cue. EX: Pendulum with the arms sweeping opposite of the lifted leg.

• Level II

no bounce

Level II is a low impact option where the body becomes "neutral" in the water by flexing at the hips and knees to lower the shoulders to water's surface. Many of the moves performed at

JS
Contact - noodle under armpit

If shallow =
Level II

Level I can also be performed at Level II, including the use of the noodle to add resistance and intensity.

The noodle may also be helpful for some participants to perform Level II training with proper technique and alignment, especially if the water depth is not optimal (i.e. too shallow). With the added buoyancy, participants can understand how to continue to move with full range of motion and upright posture in Level II. EX: Participants often have trouble extending the hip during a Level II Cross Country Ski. Wrapping the noodle around the torso, or even holding in front of the body, provides additional flotation that may encourage hip extension.

Experiment with Level II moves while seated on the noodle - both feet or only one foot touching bottom - rather than the noodle held in the hands or wrapped around upper body. Compare pelvic tilt seated on noodle in Level II to seated, suspended Level III.

• **Level III**

Properly noodle = for assistance + suspension

Many people struggle, at least initially, with Level III moves. This can be due to fearfulness (not wanting to go under water, non-swimmers, etc.), others don't want to get their hair wet, men typically have more muscle mass - thus sink easier, and some simply need to be taught how to scull the hands. Using a noodle can assist with achieving proper suspension and body alignment in Level III movement patterns. In this situation, the noodle is providing assistance.

We can also incorporate the noodle in Level III as a form of resistance, for example to challenge balance and core stability. EX: Kneeling or standing on the noodle while suspended off the bottom of the pool. Consider your population and your exercise goals when planning how to use any piece of aquatic fitness equipment, including something as "basic" as the noodle.

There are many options for positioning the noodle in Level III training, depending upon the exercise and the difficulty level. Below are listed some of the variations you may choose. Keep in mind when designing your movement patterns that it is good to provide training progressions, and offer options for specific needs.

- Hand-held - one hand or two hands / hands close together or holding ends of the noodle / single hand in middle or at end
- Torso - around chest and under arms / around back and under arms / vertical along the spine ("hammock position" with one end of noodle between legs and other at the head)
- Seated - swing / straddle
- Kneeling *noodle surfing*
- Standing - one foot or two feet / stationary or moving on the noodle / noodle touching pool bottom or suspension

• **Grounded**

< 1 ft on bottom all time > elim. rebound

Eliminating rebounding from movement in an upright position changes the impact from Level I to Grounded - where one foot is always in contact with the pool bottom. Although this is a low-impact training option, it is different from Level II. Since we want to maintain contact with the pool bottom, we typically are not looking to increase buoyancy. Thus, the noodle is best utilized in grounded exercises to **increase resistance** - either for upper or lower body. EX: Lunge Kick with Opposition Chest Press & Row for upper body, or Hip Extension (noodle under one foot) for lower body. You may also want to challenge balance and core by performing grounded techniques while **standing on the noodle against the pool bottom** -

Progress - Russia -

try to keep toes and heels elevated. EX: Grounded karate kicks in various directions, either a series on one leg or alternating (don't let the noodle float off the bottom!)

• **Plyometric** — *up out of water - High Impact*
Plyometric type training in the pool is hard work and generally does not need more intensity through added equipment. However, for some participants with joint considerations, the noodle may provide a level of comfort and/or safety with jumping drills. Using the noodle in the hands or wrapped around the torso can make the landing "softer" when performing plyometric type activities. *For Kicks, hands, freestyle swimmers*

MULTI LEVEL PROGRAMMING

The majority of aquatic fitness classes are shared by multiple ability levels, various ages, and individuals with various goals. To accommodate these unique needs, first empower each individual to train at his/her respective abilities. Respect individuality within the cohesiveness of a class setting – it is okay for people to make some adaptation and adjustments. Educate all participants with basic concepts of water principles and physical laws, allowing them to use this knowledge to guide personal performance.

When using any type of equipment, always provide options when possible...that option might include NOT using the equipment! With the noodle specifically, here are a few simple techniques to make your classes user-friendly to a wide range of participants.

• **Noodle - Submerged or Surface / Long or Tied** — *on a Rest Disclaim*
Buoyancy and surface area increase as more of the noodle is submerged. This can affect the amount of assistance (flotation), resistance (workload from moving the noodle), and core challenge experienced.

For exercises that can be performed parallel to the pool bottom, moving the noodle along the surface of the water is less intense than the same exercise with only the ends of the noodle submerged (noodle arches up out of the water). To continue the progression, pull more of the noodle under the water, until it is fully submerged. EX: Chest Press & High Row with noodle at Surface / Arched / Submerged

Partner
Not all noodles can be tied, but if this is an option then it can alter how you hold or position the noodle, as well as the amount of resistance (buoyancy and drag) encountered. In general, working with the noodle tied, rather than long, will make the movement more challenging. EX: Single Arm Triceps Pressdown in front of body. Noodle long (streamline movement and the ends of noodle will remain above the surface) is easier than noodle tied (less streamline, more surface area being submerged).

Using the noodle in a hand-held position offers several options for various abilities and to offer variety in training. The noodle can be held in one hand or with both hands, which will be determined first by the exercise choice. Ex: A lateral push down along the side of the body can only be accomplished with the noodle in one hand.

Other exercise choices, for example a Chest Press & Row, will allow for options of hand holds. EX: Let's consider some ways to add variety to this basic movement pattern by adjusting the arms only:

1. Both arms moving simultaneously - bilateral symmetrical – shoulders abducted, and palms facing pool bottom (HIGH row variation)
2. Both arms moving simultaneously - bilateral symmetrical – elbows begin the movement close to the body with palms facing inward (LOW row variation)
3. Perform either 1 or 2 with arms in alternating manner – bilateral reciprocal.
4. Perform 1 or 2 with a single arm, or unilateral movement pattern.

To accommodate a variety of ability levels in group exercise, encourage self-monitoring and self-adjustment of intensity through speed, range of motion, and exercise options. Rest periods may need to be planned for the group, or offered as an option in more self-paced programming. The rest may be from cardio intensity, but it also may include muscular rest when equipment is being utilized.

REPS, Time intervals Δ muscle groups/joints

With resistance training formats, you may design the training with reps and sets, or timed intervals, that are followed by a rest period. The rest period can simply change muscle/joint involvement, or it may be more of a true recovery period. EX: Transitioning from upper body to lower body, i.e. Triceps Pressdown (handheld front) to Single Leg Hip Extension (noodle under foot) as compared to 12-reps Triceps Pressdown – 10 seconds rest – 12 reps Triceps Pressdown – 20 seconds rest – 12 reps Triceps Pressdown – 30 seconds rest.

30 Sec

It is also important to return back to the first issue we discussed – safety. When alignment and technique are compromised, it is time to take a break to re-evaluate and/or recover!

QUESTIONS & ANSWERS / WRAP UP

- Bilateral - Both hands
- Unilateral - single arm

POOL PRACTICAL

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WARM UP

Leave noodle poolside and perform jogging with ROM for upper body and also as a quick review of upper body joint motions:

- **Elbow Flexion/Extension**
- **Shoulder Flexion/Extension/Hyperextension**
- **Forearm Rotation (supination/pronation)**
- **Shoulder Rotation**
- **Shoulder Abduction/Adduction**
- **Shoulder Transverse Abduction/Adduction**
- **Shoulder Circumduction**

SHOULDER GIRDLE AWARENESS

Hold noodle with straight arms under water with noodle just below buttocks, with spine and shoulder girdle in neutral alignment. Position the arms as if you were doing dips – so the shoulders, elbows and wrists are aligned – and the hands are directly under the shoulders, applying enough pressure to stabilize the noodle under the water. Then add the following:

- **Scapular elevation/depression** “shoulder shrug”
- **Scapular protraction/retraction** “shoulder blade squeeze”
- **Shoulder hyperextension** (lift noodle posterior away from body)
- **Alternating Shoulder Adduction/Abduction** (gentle swing side to side in frontal plane)

NOTE: Similar awareness and readiness activities can be done with the noodle in front of the body, or held in one hand. It can also be beneficial to practice Level II and III movements with scapular stability exercises.

NOODLE HELD FRONT OR SIDE (1 hand or 2 hands)

Upper Body Basics – combine with leg movements in same plane for easier combination exercise, or move legs in another plane for a more advanced combination exercise. Practice this series of exercises with noodle long and then with noodle tied to compare the resistance.

- **Chest Press/High Row** (1 hand, 2 hands) For variety, adjust movement angle to go across the body or out to the diagonal.
- **Chest Press/Low Row** (1 hand, 2 hands) For variety, adjust movement angle to go across the body or out to the diagonal.
- **Single Arm Elevated Biceps Curl** - with shoulder abducted & palm down (1 hand)
- **Front Triceps Pressdown** (1 hand, 2 hands)
- **Arm Swing** - shoulder flexion/extension/hyperextension (1 hand)

Front Plank Variations (1 hand, 2 hands) Arms should be submerged vertically below the shoulders with wrists neutral, scapulae retracted, and gaze toward pool bottom slightly front of the hands. Spine should remain neutral and hips & knees extended so that the body is a straight line from ears, to shoulders, to hips, to knees, to ankles.

From basic two-hand front plank add the following:

- **Variations in leg position** (wide, narrow, single leg)
- **Scapular protraction/retraction**
- **Rock the noodle** up & down (alternate push-pull with arms, OR with a smaller ROM with alternating scapular retraction/protraction)

- **Alternating wrist flexion/extension** (twisting the noodle in the hands)
- **Leg movements** (knee to chest – one leg, hip abduction/adduction – one or both legs as in a jack, hip circumduction – one leg, transverse hip abduction/adduction with bent knee – one leg, hip rotation with bent knee – one leg, alternating or single leg hip hyperextension, i.e. back kick)
- **Single arm plank** – progress to adding movement with free arm (shoulder flexion/extension/hyperextension, abduction/adduction, transverse abduction/adduction, circumduction)
- **“Superman”** – one arm & one leg in opposition

Side Plank Variations (1 hand) Arm holding noodle should be submerged vertically below the shoulder with wrist neutral and scapulae retracted. Spine should remain neutral and hips & knees extended so that the body is a straight line from ears, to shoulders, to hips, to knees, to ankles. From basic side plank add the following:

- **Variations in leg position** (tandem apart, tandem touching, stacked)
- **Leg movement** (hip flexion/extension – top leg or both together as in cross-country ski, hip circumduction – top leg, knee to chest – top leg, hip abduction/adduction – top leg, hip abd/add combo = top leg abducts, bottom leg adducts to touch top leg, bottom leg adducts to return to pool bottom, top leg returns to start position)
- **Opposite arm lifting out of water**
- **Spinal movement** (“hip drop” lateral flexion, “thread the needle” spinal rotation)
- **Suspended side lying ski** (progress to ski 3 & tuck knees to chest)

NOODLE BEHIND BODY (vertical or modified supine)

Upper Body Basics (vertical stance)

Combine with leg movements in same plane for easier combination exercise, or move legs in another plane for a more advanced combination exercise

- **Lat Pulldown**
- **Arm Swing** - shoulder flexion/extension/hyperextension
- **Single Arm Transverse Adduction/Abduction** – anchor opposite end of noodle against side of body
- **Chest Fly & Reverse Fly** – bent arm transverse adduction/abduction
- **Triceps Extension** – forearms resting on top of noodle

Modified Supine – Begin noodle around the back – from shoulder blades to lower back depending on the individual. Or, align the noodle vertically along the spine, i.e. swing position with most of the noodle posterior of the body. Position the body as if seated in a reclining chair, hips flexed, knees flexed and shins parallel to pool bottom. Maintain neck in neutral alignment.

- **Frog or Diamond Crunch** – Externally rotate hips into “frog” or diamond” position and place hands on the ends of noodle (if wrapped around back). Gently push down on the ends of the noodle to lift upper body while simultaneously lifting your lower bod to flex the spine into a c-position.
- **Modified Supine Ankle Reach** – Begin in V-sit or pike position with legs & arms abducted, sweep hand down and across toward opposite foot as spine rotates.

SEATED ON NOODLE (swing or straddle)

Postural Awareness (swing position)

From a tall, seated posture, add the following:

- **Anterior/posterior and lateral tilts**
- **Multidirectional movements of pelvis** (free form movement)
- **Alterations in limb placement** (one leg front, one arm front, etc.)

Travel (swing or straddle)

Propel the body with the arms in various directions:

- **Forward/backward**
- **Lateral**
- **Own circle (rotation)**

Hip & Shoulder Abduction & Adduction (swing or straddle)

- **Modified Supine Ankle Reach** (multiplanar movement)
- **Jack Slide** (feet slide along bottom of pool in frontal plane)
- **90-degree Power Arms** (Start position: R foot stabilizing on pool bottom, L leg lifted front; R arm directly in front of body with thumb up, L arm is abducted to side with thumb up. Maintain the 90-degree position of the arms and powerfully switch positions as the L leg moves into transverse abduction; return to start position)

SUSPENDED KNEELING

Postural Awareness (swing position)

From a tall kneeling posture with hips extended, add the following:

- **Anterior/posterior and lateral pelvic tilts**
- **Multidirectional movements of pelvis** (circle, figure 8)
- **Spinal flexion/extension**

Travel (swing or straddle)

Propel the body with the arms in various directions:

- **Forward/backward**
- **Lateral**
- **Own circle (rotation)**

STANDING ON NOODLE (grounded or suspended / 1 foot or 2 feet)

Single Leg Balance (one foot on noodle on pool bottom – adjust foot placement so that end of noodle does not interfere with leg movements)

Then add the following:

- **Hip Hinge**
- **Hip Abduction & Adduction** (progress to adduction behind the body and dropping into a “curtsy squat”)
- **Front-Back Karate Kick**
- **Side Karate Kick**
- **Knee Swing** (sagittal plane & transverse plane options)
- **Single Leg Reverse Squat**
- **Single Leg Hover** (reverse squat position and hold)

Biased Jog (noodle under one foot, ends free; make sure that the feet perform a jogging motion by transferring the weight onto the noodle, rather than just tapping down)

Biased Jog, Crossover & Out (jog R across, L in place, R out to side, L in place: repeat designated reps or time and switch lead)

Reverse Squat (noodle under both feet on pool bottom, sit back into a squat while at same time lifting both feet off pool bottom, then return feet to pool bottom and stand tall.

Then add the following:

- **¼ Turn** (while suspended)
- **½ Turn** (while suspended)
- **Full Turn** (while suspended)

Rockinghorse (noodle under one knee, hold ends to push/pull with the upper body)

PARTNER TRAINING

Mountain Climber – Noodle-to-Noodle in front of body, leaning into each other (front plank with forward arms). Powerfully drive knees to chest in alternating manner.

Plank Jacks, – Noodle-to-Noodle in front of body, leaning into each other (front plank with forward arms). Perform jumping jack either in unison or opposition of partner.

Back Kicks – Noodle-to-Noodle in front of body, leaning into each other (front plank with forward arms). Perform alternating straight leg back kicks.

Jack & Ski, Facing one another, each partner holds one end of each noodle. With jumping jack, the arms abduct/adduct in unison; with the ski the arms swimming at the sides in opposition (Note: when both people ski R leg forward, the L hand swings forward, and since they are facing one another the arms move smoothly in opposition.) Vary the tempo and sequencing of moves to up the challenge.

Plank Push Up w/ Partner Clap. Each partner assumes front plank with noodle submerged directly under shoulders, facing head to head. In unison, partners perform a “push up” and then reach out to clap one hand with partner.

Partner Noodle Squat Touch – Standing on the noodle, partners face each other. Perform a reverse squat in unison. Upon standing, lift one leg in front and tap ankles.

GAMES & DRILLS

Noodle Pass – Teams form lines and pass noodle as designated (overhead, around the body, etc.) from front to back and then return, or last person runs to front with noodle

Pirates – each team has their collection of noodle treasure, the teams try to raid each others treasure and bring it to their treasure area

Chariot Races – Partners stand one in front of the other, facing same direction. Partner in front has the noodle in a “U” behind them holding the ends. The partner behind can be holding the noodle with legs kicking behind, or can be “resting” on the noodle with it under the armpits. The front person runs and the back person can do various things to add progression/regression, such as:

Noodle Hurdles. Have half of the class participants pair up as partners. Each partner pair will hold 1 noodle under to make a hurdle. Create a hurdle obstacle course throughout the shallow end that other team members will have to run and jump through. Those holding the noodles can perform an isometric squat, lunge, one-leg hip hinge, etc.

SAMPLE WORKOUT

Hand Held Noodle, Front

Two Hand Hold, near each end:

Jack + Front Triceps Press Down / Inner Thigh Reach 4 alternating sets [shoulder-width grip]

Side Step + Surface Sweep 2x / Jack + Opposition Arms (front lat pulldown) 2x [wide grip]

Level II Ski + Arch Row 4x / Level III Ski + Arch Hold 4x / Level II Ski + Arch Row 4x / Level I Ski 3 & Tog [wide grip]

Single Hand Hold R, near middle:

Jog + Single Arm Side Press Down / ½ Pendulum + Single Arm Push Away 4 sets

Level II Tap & Side Shoot + Opposition Noodle 3x / Position into Side Plank

Side Plank Ski in 3's (optional knee tuck) 4 sets

Level I Ski-Jack-Ski Combo 4sets

(ski R leg forward & noodle R hand forward of body / rotating jack turns L without moving noodle / return to R ski / center bounce to switch noodle to L hand and repeat opposite direction)

REPEAT ALL WITH OPPOSITE LEAD

Under Foot or Knee

Biased Jog R (noodle under R foot, ends free) 8x

Let noodle slide up under R knee

Biased Jog, Crossover & Out R 8x

Rockinghorse R (noodle under R knee, hold ends to push/pull with the upper body) 8x

Transition to noodle under L foot 8 counts

REPEAT ALL WITH OPP LEAD, final 8 counts transition to kneeling

Suspended Kneeling on Noodle:

Lateral Hip Tilt

Travel Forward with Modified Breaststroke

Stabilize Sculling

Travel Backward with Reverse Breaststroke

Stabilize Sculling

TRANSITION TO SEATED...Noodle Jump or Step Over

Swing Sit on Noodle:

Hip & Shoulder Abduction & Adduction –

- Modified Supine Ankle Reach
- “Ice” Jacks (feet slide along bottom of pool)
- One foot stabilizer, 90 degree power arms

TRANSITION TO NOODLE BEHIND BACK

Hand Held Noodle, Back:

Level II Jack & Tuck + Lat Pulldown

Level II Jack-Tuck-Extend + Bent Elbow Shoulder Rotation & Elbow Extension

Drag Run Forward (noodle long)

Down Run Backward (noodle wrap around body)

TRANSITION TO NOODLE FRONT

STRETCHING

Freestanding Stretches Series

- **Single Leg Superman**
- **Superman Hip Swing** (external rotation)
- **Standing Hamstring Stretch & Scapular Retraction**
- **Pike IT Band Stretch & Upper Body Twist**
- **Chair Pose**
- **Extended Mountain Pose** (arms overhead, tall standing posture)
- **Extended Side Bend** (arms overhead, lean to one side by laterally flexing spine)

Shoulder Girdle Focus

- **One-Arm Walking Pec Stretch** (noodle in R hand while walking left circle)
- **Scapular Protraction & Spinal Flexion** (noodle in front with both hands)
- **Scapular Retraction & Spinal Extension** (pull noodle towards chest)
- **One-Arm Walking Pec Stretch** (noodle in L hand while walking right circle)
- **Scapular Protraction & Spinal Flexion** (noodle in front with both hands)
- **Scapular Retraction & Spinal Extension** (pull noodle towards chest)

Hip Flexors Focus

Modified runners stretch with noodle under the ankle of lifted leg, then add:

- **3D Action** - while holding this position shift hips side-to-side and to right diagonal/left diagonal, add trunk rotation and lateral bends
- **Change range of motion** - more hip extension
- **Alter stance** - lift toes up & balance on heel, lean back with arms sculling as needed for balance

MOVEMENT NETWORKING

