



AQUATIC EXERCISE ASSOCIATION

Aquatic Yoga & Pilates Fundamentals

Practical Applications of PI-YO-CHI® in the Pool

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

A motivating interval format integrates Pilates & Yoga techniques with cardio training to create mind-body programming suitable for cooler water temperatures (83-86 F). Pilates' concepts target the "powerhouse" muscles of the core; Yoga focuses on alignment, awareness and breath control; cardio components burn calories and keep the participant warm. Expand group exercise and personal training options with this functional fusion of training principles for the pool!

INTRODUCTION

Aquatic Yoga & Pilates Fundamentals is adapted from Aqua Pi-Yo-Chi™ and adds cardio segments to transition Mind/Body exercise from a warm water pool to cooler water. Aqua Pi-Yo-Chi is a comprehensive program developed by Dr. Mary Wykle. Aqua Pi-Yo-Chi is a day-long affiliate program offered by AEA.

- This 3-hour fundamentals course introduces basic Yoga poses and Pilates exercises that flow together with the aid of selected Ai Chi movements.
- The increased flow and movement variations with each position assists in balance, coordination and range of motion, while preventing over cooling of the body.
- The fundamental series combines holding basic Yoga and Pilates positions; followed by a cardio interval of more powerful aquatic movement.
- Variations of base moves will be used for the cardio intervals to keep the program doable and teachable.
- Moving through the sequences, you regenerate fluidity into your life by sensing the natural flow between the large muscle influence of yoga, the isolated muscle initiation of Pilates, the round, flowing movements of Ai Chi.
- The energy and power of the workout comes from integrating cardio segments.

All Movement is Purposeful

Maintaining correct muscle activation for positioning, transitioning, and stabilizing provides the strength, proprioception, and alignment required to achieve correct geometric alignment and correct muscle imbalances.

- As a type of mind/body activity, proper Pi-Yo-Chi instruction will enhance muscle strength and tone,
- Yoga postures and Pilates exercises help to improve flexibility and posture.

- Exercise that integrates mind and body also helps to reduce stress and anxiety. Yoga and Pilates are universally embraced as a physical and mental discipline proven to decrease stress, alleviate pain, and generally improve one's outlook on life.
- Fear of falling and/or lack of flexibility are powerful limitations to starting a yoga or Pilates program on land. These facts make it a logical decision to take these disciplines to the pool.

ADAPTING PILATES AND YOGA TO THE WATER

The principles and properties of water relate directly to the importance of adding Yoga and Pilates to the pool.

- Buoyancy and viscosity of the water reduce the fear of falling.
- Correct postural alignment is required to achieve balance and increases range and ease of motion.
- Stability, through development of strength, is required for structural control.
- Core body strength is the foundation of all movement and balance.
- The water provides neutral support and provides infinitely variable resistance for stretching and progressive strengthening while reducing the fear of falling.

Balance

Employing the components of exercise, balance must be achieved before any other action can occur. Yoga is balance and maintenance of balance. Progression in the Fundamentals course coordinates movement while maintaining a static position.

- Only when you combine gradual balance with coordinated movement are you able to increase flexibility or range of motion.
- Controlled coordinated movement enables repetition of a movement to develop endurance. This then translates into strength.
- Following this progression achieves a rounded program where control, endurance, strength, and finally power in each movement series results in a mind/body cardio session.

Benefits of Yoga & Pilates Fundamentals

1. Control – All movement is purposeful. Our body moves because our mind moves it. Careless, sloppy movements yield minimal results and can result in injury. Identify imbalances and asymmetries as you move and make adjustments to correct them. Apply the concept of the Geometric Box – picture a box aligning shoulder to shoulder, hip to hip and shoulder to hip. Muscle imbalances and “lazy” movements can be visually detected by an instructor. Attention to initiation of movement encourages symmetry. *Stabilize before you mobilize.*

2. Breath – Correct breathing assists movement while oxygenating the blood and increasing circulation. Breath and movement should go hand in hand. The ability to learn correct breathing is assisted by the hydrostatic pressure of the water on the chest. Breathing should be diaphragmatic. **Diaphragmatic breathing (belly breathing)** is breathing that is done by contracting the diaphragm, a muscle located horizontally between the chest cavity and stomach cavity. Air enters the lungs through a nasal inhalation and the belly expands; air exits through a mouth exhalation and the belly flattens.

3. Concentration and Awareness – Emphasis is on precision of a movement and maintaining correct form. It is essential to understand the movement and each portion of the movement and conduct an internal dialogue or checklist to concentrate on form.

4. Centering – This is focusing on the core and initiating all movements from the core. This is the center of strength and control for the entire body and the ultimate goal is core endurance. It is important to understand the role of the stabilizing muscles versus the global muscles. Co-contraction of the transverse abdominis and multifidus muscles occurs prior to any movement. Core strength requires the interaction and contraction of both.

5. Precision and Flow – Flowing movement elevates the benefits of each movement from superficial to intense. When concentration or control is lost, correct action is lost and exercise sequence should be changed.

REVIEW OF PILATES & YOGA EXERCISES

For additional yoga postures, Pilates exercises and Ai chi movements, please consider purchasing the Aqua Pi-Yo-Chi manual, the ultimate resource guide for adapting yoga and Pilates movements into water.

YOGA REVIEW – FREE STANDING POSES

15 yoga exercises will be reviewed.

Before teaching yoga postures to your students, practice diaphragmatic breathing.

Mountain Pose

- Stand with feet hip width apart, weight on all points of feet
- Arms hang at sides
- Close eyes and let body come to rest where it feels secure
- Open eyes
- Introduce diaphragmatic breathing
- Modification – anyone with balance issue or fear of water can hold edge of pool

Crescent Moon

- Free standing with feet hip width apart
- Inhale arms overhead and maintain spinal alignment including the neck and head
- Exhale and release to the right
- Inhale returning to center and exhale to left
- Inhale and return to center, exhale arms to sides

Scapula and Pectoral Stretch

- Shifting to a wide stance, interlock fingers and stretch arms forward, maintaining straight back and protracted shoulder blades
- Release the interlock and take arms behind back
- Interlock fingers behind back, stretch arms back as comfortable
- Retract shoulder blades, maintain straight back
- Modification – shoulder injuries

Arabesque (Dance inspired)

- Raise right arm overhead
- Lift and point right leg to rear and slightly out to diagonally
- Toes can touch or be lifted
- Modification – watch for hyperextension of back and correct

Stork

- Stand on one leg and lift other knee
- Hands come to chest level in prayer position, elbows elevated
- Modifications – balance challenge – can hold side of pool with one hand

Dancer

- Standing, feet are hip width apart
- Inhale and balancing on left leg, lift right knee towards chest
- Cup right hand around right foot and take foot to the rear
- Extend left arm up by the left ear
- Inhale and return to standing position; repeat on other side
- Modify by simply bringing leg to the rear without holding ankle

Warrior I

- Step back into a wide lunge with front foot forward and back foot turned slightly inward
- Forward knee aligns over the ankle
- Body is upright and facing forward
- Bring arms overhead with palms facing or together; repeat to other side
- Modification – utilize pool wall

Warrior III

- From a Warrior I position, lower the arms to the rear
- Shift weight onto the forward leg.
- Straighten the leg in front, sweeping the arms forward and lift the back leg with full extension of the body
- Modification – this can be practiced facing the pool wall

Chair

- From a standing position (mountain pose) – feet hip-width apart
- Pretend to sit in a chair - squat position - and extend arms overhead in line with ears; maintain a flat back
- Modifications - facing the pool wall with hands on edge for support, step feet backwards about 18 inches and hip width apart - pretend to sit in a chair

Eye of Needle

- Standing, feet hip width apart
- Inhale & bring right ankle to the top of left knee, balancing on left leg as it bends at knee
- Left hand is on the left hip - exhale as right hand puts gentle pressure on inside of right thigh to encourage thigh down
- Inhale and return to correct standing position; repeat to other side
- Modification – to avoid crossing the leg, lift knee as in Stork pose

Extended Hand to Big Toe

- Standing, feet are hip width apart
- Extend left arm lateral to assist balance
- Inhale and lift right knee high keeping right hip level with left hip
- Right hand, using thumb and two fingers, grabs right big toe
- Exhale and straighten right knee in front of body
- Hold position and take several breaths. Repeat other side
- Modify by holding extended leg underneath thigh instead of around toe

Tree

- Standing on left leg, bring sole of right foot to inside of left leg - not at the knee
- Arms come through prayer position and extend upwards
- Repeat on other side
- Modification – anyone with balance issue or fear of water can hold edge of pool

Warrior II

- Step into a wide stance with right toes turned to side
- Bend right knee, left leg is straight
- Torso remains to the front
- Arms extend at surface of water; shoulders relaxed
- Look to the right
- Body stays erect
- Repeat to other side
- Modifications - Stand with side to pool, one hand with arm straight on wall for balance. Bend knee that is towards center of pool and extend free arm to center of pool by pulling across body as though pulling a bow until arm is extended forward and chest is open

Side Angle

- From the Warrior II position, front hand comes to thigh
- Other arm extends towards ceiling. Body extends laterally to the side

Reverse Warrior

- From the Warrior II position, back arm comes down to the left thigh
- Front arm extends upward as body leans backwards. Look up

PILATES REVIEW – FREE STANDING EXERCISES

8 Pilates Exercises will be reviewed.

For ease in adding the exercises in traditional aquatic fitness classes, only free-standing exercises will be demonstrated; use of the wall is always an option.

Hundred (Lunge Position or neutral position)

- Standing in lunge position or feet hip width apart, pump arms by the sides, palms pronated moving from shoulder – 6-12 inches
- Inhale while pumping arms 5 times, exhale while pumping 5 times
- Aim for 100 pumps – *NOTE: you can also choose a time period, such as 30 seconds, to perform the movement instead of counting to 100*

Single Leg Stretches

- Draw right knee to chest with exhale
- Smoothly switch legs and inhale
- Repeat to other side.

Single Leg Circles

- Standing, feet hip width apart
- Extend right leg and make 5 counterclockwise circles, then 5 clockwise circles
- Repeat on other side

Single Leg Kicks

- Standing, feet hip width apart
- Maintain proper body alignment
- Stand on left leg while right knee flexes towards hips (similar to a leg curl) keeping knee pointed towards bottom of pool
- After 5 kicks, repeat on other side

Spine Twist

- Standing with legs hip width apart, arms open to the sides, shoulders relaxed.
- Rotate to the right with exhale twisting from the waist
- Return to center with inhale and twist to left - exhale
- Hips stay square to the front

Standing Saw

- Stand in an open stance, arms extended to side
- Twist from waist, bring right arm across to the left
- Reach/stretch forward with right arm
- Return upward and twist to starting position
- Repeat to the other side with left arm

Standing Saw with Leg Lift

- Repeat as in Standing Saw
- As you twist and reach (twist right arm to left and reach right arm forward)
- Lift left leg reaching towards toes
- Lower leg and return to start position
- Repeat a set on the other side

Side Kick Series

- Standing, feet hip width apart
- Right leg moves 1) front to back 2) side to side 3) performs small circles
- Maintain correct body alignment
- Repeat on other side

SUSPENDED PILATES – USING A NOODLE

5 exercises will be reviewed.

All exercises reviewed are executed from basic position on the noodle. Basic position is floating in modified supine position with noodle resting across the back at shoulder blade level. A second noodle can be added at hip level for additional buoyancy for the lower body if needed.

Hundred

- Support position
 - Place the noodle across the upper back with the arms over the noodle at upper arm level and extended by the body.
 - Draw the knees toward the torso feeling the powerhouse contraction essential to maintaining a flat back.
- Description of movement
 - Arms pump by the sides while inhaling for a count of 5 and exhaling for a count of 5.
- Common problems
 - Losing the starting position or rocking motion in torso

Single Leg Stretch

- Support position
 - Maintain basic position with knees drawn toward chest
- Description of movement
 - Pull the right knee toward the right shoulder while exhaling
 - Return to the beginning position with an inhale
 - Pull the left knee toward the left shoulder with an exhale
- Common problems
 - Body rocks from side to side or back rounds

Double Leg Stretch

- Support position
 - Maintain basic position with knees drawn toward chest
- Description of movement
 - Pull knees in to the chest
 - Come into a tucked and rounded position
 - Open to fully extended position
- Common problems
 - Loss of stabilization
 - Incomplete open and closing of the body

Bicycle or Scissors

- Support position
 - Maintain basic position with knees drawn toward chest
- Description of movement
 - Basic cycling movement
 - Scissors is with straight legs
- Common problems
 - Excessive body movement
 - Tendency to come upright instead of remaining in the basic position

Teaser

- Support position
 - Assume basic position
 - Extend arms by sides
- Description of movement
 - Drop hips toward pool bottom while reaching for the ankles
- Common problems
 - Uneven reach
 - Loss of core balance

STANDING PILATES – USING A NOODLE

All body types are different. Planking can be a challenge body types that are more buoyant. Shallower water is best for planking movements.

Prone Plank - Chest Press

- Support position
 - Standing depth, place one foot behind you and then the other and balance on toes
 - Both arm holds on to noodle for support - noodle is extended below shoulders
- Description of movement
 - Allow the noodle to float up - inhaling
 - Press the noodle down in chest press fashion - exhaling
- Common problems
 - Do not permit the back to sag (arch)
 - Noodle/arms incorrectly placed to high or too low

Prone Plank - Leg Lift

- Push up plank position (support position as described above)
- Noodle is pushed down directly under the shoulders – or slightly in front of
- Maintaining diagonal position, lift one leg about 12 inches, lower and lift other leg alternating legs
- Mountain climber – alternately pull knees toward chest

Side Plank – Mermaid

- Support position
 - Standing depth, lie to one side, feet stacked
 - Lower arm holds on to noodle for support for support
- Description of movement
 - Extend the top arm to surface
 - Drop hips toward bottom of the pool using an exhale
 - Inhale and return to the diagonal position and the top arm abducts out of the water
- Common problems
 - Do not permit the hips to roll forward or backward
 - Supporting arm under shoulder

Side Plank with Side Kick Series

- Support position
 - Standing depth, lie to one side, feet stacked
 - Lower arm holds on to noodle for support
- Description of movement
 - The top leg moves 1) front to back 2) side to side 3) performs small circles
- Common problems
 - Loss of balance position – hips “stacked”

AI CHI – CREATING SEQUENCE & FLOW

6 Ai Chi movements will be reviewed.

Ai Chi movements have been added to this Yoga & Pilates course because they provide an excellent way to link together movements for flow.

Contemplation

- Basic stance is a wide stance with feet turned slightly outwards and knees flexed – maintaining knee/ankle alignment. Shoulders are submerged
- Arms are in front of body just below surface of water
- Turn the palms up and inhale
- Turn the palms down exhale (breath determines pace of movement)

Floating

- From the basic stance, arms are extended forward
- Inhale as palms rotate upward – shoulders remain in the water
- As you exhale, turn palms downward & w/ shoulder extension lower arms in front of body
- As you inhale, turn palms upward and return arms to the water surface w/ shoulder flexion

Uplifting

- From basic stance, arms are extended forward and outward
- Inhale and turn the palms upward
- Exhale as palms turn downward and arms move downward towards pool bottom
- Inhale as palms turn upward and return arms upwards and outwards to just below the surface

Enclosing

- From basic stance with arms forward, exhale and turn palms downward
- Inhale turning palms upward and open both arms to the side – horizontal abduction
- Exhale turning palms downward as arms return to center – horizontal adduction

Shifting

- From basic position with the arms extended to the sides
- Turn the right palm downward while bringing the right arm to the left
- Shift your weight to your left
- Maintaining the shift, turn the right palm upward and return the right arm to the starting position. As the left arm comes across the body, shift to the right
- Maintaining shoulders submerged during the shift is challenging for many.

Accepting

- From the basic position with the arms open, turn the right palm downward as the right arm comes across the body
- Pivot 90° to face the left
- Palms turn upward as arms bilaterally open and pull forward to close -- palms downward
- Weight shifts forward and backward
- Modify: Step to the side rather than pivot. Limit weight shift to limit low back extension

AEA STANDARDS & GUIDELINES: WATER TEMPERATURE

The Aquatic Exercise Association (AEA), the world's largest certifying organization for aquatic fitness programming, has established guidelines based on current aquatic fitness research and knowledge of exercise physiology, biomechanics, kinesiology and the physical properties of water. These guidelines may help to minimize risk of injury and provide optimal benefit and enjoyment of fitness activities conducted in the aquatic environment. Included in these guidelines is a section on water temperature. AEA Standards and guidelines can be found on the AEA website under the Education tab.

According to AEA Standards and Guidelines:

- **Water temperature of 83-86 F is recommended for most aquatic fitness classes.** *Water varying from 83-86 degrees Fahrenheit (28.3-30 degrees Celsius) is the most comfortable temperature for typical water fitness classes. This allows the body to react and respond normally to the onset of exercise and the accompanying increase in body temperature. Cooling benefits are still felt and there is little risk of overheating.*

- **Program modifications are required for temperatures outside of recommended range.** *Aquatic Fitness Professionals should know the water temperature and modify the program accordingly based upon the population and the program format. Water temperature below the recommended range requires modifications in programming. The primary focus of the warm up should be large, lower impact, rhythmic movements that gradually elevate core temperature of the body and should last for at least 9-15 minutes. The main segment must be of adequate intensity to maintain proper body temperature and prevent injury. Participants may find it necessary to wear specialized clothing to maintain body heat. The cool down and post-stretch must be adjusted, in overall length as well as activity, according to the environmental conditions.*

- **Mind & body programming offered in cooler pools would need to be modified.** In other words, yoga and Pilates can be offered in a cooler pool but efforts would have to be made in modifying the traditional approach to these fitness formats. Many instructors have had success introducing yoga and Pilates into their aquatic fitness classes by integrating it with cardio intervals, thus keeping the pace and body temperature elevated.

AEA Standards and Guidelines provide recommendations for several fitness/aquatic modalities, including resistance training, Arthritis, older adults and more. Aquatic mind & body programming is relatively new and there is as of yet no established temperature range. However, when reviewing water temperature recommendations for older adults, resistance training and therapy & rehab, a suggested temperature range would be 86-90 F. Many pools offering aquatic fitness classes are multi-use pools and they keep temperatures on the cooler side to accommodate lap swimmers. This typically means an average pool temperature of 82-84 F.

DESIGNING EFFECTIVE CARDIO INTERVALS

The practical applications for Aquatic Yoga & Pilates Fundamentals will not only focus on adapting yoga & Pilates movements for water; it will also provide ideas for integrating cardio intervals. By integrating these intervals, appropriate body temperature can be maintained in a cooler pool while doing mind & body programming.

Lets take a closer look at designing cardio intervals.

- 1) AEA offers a three-hour educational workshop, Aquatic Interval Applications, which provides guidelines for designing effective interval training programs.
- 2) According to the handout provided in this workshop: *Interval training is an aerobic conditioning format that incorporates **alternating segments of work and rest**. Intensity is varied throughout the exercise session - high intensity alternating with moderate intensity; or moderate intensity alternating with low intensity, depending upon participant ability levels.*
- 3) For our purposes, the rest or lower intensity phases will be the yoga or Pilates movements. These mind & body movements will then be alternated with higher intensity activities.

According to the Aquatic Interval Applications handout, the components of interval training are as follows:

- **Work Interval** is the time spent at higher intensity training.
- **Recovery (also referred to as Relief or Rest) Interval** represents the time period between Work Intervals; this may consist of mild to moderate exercise (active recovery) or true rest (passive recovery) depending upon the population and the goals of the program.
- **Work Cycle** - the combination of one high intensity segment and one low to moderate segment or one work interval and one recovery interval.
- **Set** describes the number of work cycles within a workout.
- **Work to Recovery Ratio** means how long the high intensity (work) segment lasts in comparison to the moderate or low (recovery) intensity segment. The ratio does not have to be in full minute increments.

Yoga & Pilates Interval Examples

So in the most basic of interval formats, your Yoga & Pilates Interval class can look like as simple as this:

- Perform a yoga or Pilates exercise for 15 seconds and then perform a base move such as jumping jacks, skis, kicks, etc. for 45 seconds. Complete 4 times = 4 minutes for a work cycle. To fill up 40 minutes of time, you would need 10 work cycles. There are over 30 yoga and Pilates exercises demonstrated in this program, which means you have plenty of material to work with.
- Or you could sequence two or three yoga and Pilates exercises for a rest phase that lasts 2 minutes, followed by a work interval of 2 minutes. In this scenario, 10 work cycles would again complete one full 40-minute set.

If your pool temperature is on the chillier side (82 or 83), you will probably choose shorter rest phases with longer work cycles. If your pool temperature is on the warmer side (Above 86), you might opt for the longer rest phases and shorter work cycles.

There are several ways you could incorporate intervals into your yoga and Pilates pool program. High Intensity Interval Training (HIIT) is extremely popular these days. Tabata training is just one form of HIIT and this style of interval training is packing studios and pools. The Tabata Method features 20 seconds of ultra-intense exercise followed by 10 seconds of rest, repeated continuously for 4 minutes (8 cycles). You could always explore ways of integrating 4-minute Tabata cycles. AEA introduced the AquaBata workshop in 2013, which focuses on various high intensity interval training (HIIT) formats. Check out this workshops when scheduled near you!

DESIGNING WORK CYCLES (Intensity Intervals)

How would you design work and rest cycles for training programs at your facility? Would you do longer rest cycles and shorter work cycles – or vice versa? Why?

Self-Directed Activity

Name five aquatic fitness exercises that you would include for work cycles?

- 1)
- 2)
- 3)
- 4)
- 5)

CREATING TRANSITIONS BETWEEN CARDIO AND MIND & BODY

As described, in the above segment on creating intervals, a work cycle can be as simple as teaching a yoga posture and following it up with a high intensity movement. Very little thought has to go into creating a smooth transition if you are simply teaching both exercises separately.

- Successful yoga and Pilates classes are often designed with “flow” – a sequencing of movements that flow from one to the other. Yoga and Pilates exercises can also be sequenced with intensity intervals to create flow and give your class polish and authenticity.
- If you are going to create flow between intensity intervals and mind/body exercises, you will need to concentrate on transitioning seamlessly from one move to the other. Sequencing movements requires careful planning and analysis of where one movement ends and the other move starts. If attention to transitions is lacking, the attempt at pairing will feel awkward and could possibly compromise safety.

Let's look at an example:

Rest/low intensity movement: Warrior I yoga posture, positioned in stride or lunge position with one foot in front of the other and arms extended overhead.

Given the position of your body in a Warrior I stance, which higher intensity movement would be more appropriate to transition to – a jumping jack or a cross-country ski?

The correct answer is a cross-country ski. Why? A Warrior I and a cross-country ski are both positioned in the sagittal plane of movement, which extends front to back. A ski would seamlessly transition from a Warrior I, transitioning the back leg directly into a skiing movement. A jumping jack is performed in the frontal plane of movement, which feature movement that is performed side to side. Transitioning into a jumping jack from a Warrior I would be awkward at best – possibly even unsafe for some people.

Studying movement and body placement and understanding movement planes is essential for movement flow and smooth transitions.

Sagittal Plane: features muscle actions that are primarily flexion and extension – moving from front to back

Frontal Plane: features movements that utilize abduction/adduction and lateral flexion – moving from side to side

Transverse: includes movements that incorporate transverse abduction/adduction and rotation – moving horizontally or parallel to the pool floor.

Body Positioning

Careful attention to body positioning is needed when determining appropriate transitions. When fusing a yoga pose with an intensity movement you will have to analyze the pose. Where are the legs placed in that pose? This is needed to determine what lower body movement can be added or initiated from that pose.

The same is true for upper body movement. Analyzing the position the arms are in will dictate what kind of upper body intensity movement you can transition to. Are your arms extended to the side – parallel to the pool floor? Are they extended in front of you? Overhead?

General Rule of Thumb for transitioning yoga postures to base/power moves

- The plane of movement should stay the same for lower body. In other words, a yoga posture that features lower body placed in the sagittal plane should transition to a base/power move that is in the sagittal plane
- The plane of movement can stay the same for upper body or transition to another movement plane depending upon the placement of the arms

Sagittal Plane – poses that are positioned front to back

Examples: Warrior I, Warrior III, Dancer

Lower Body Intensity/base moves to transition to: Cross country ski, kicks, leg curls, jazz kicks, rocking horse, jogging, etc.

Upper Body: Shoulder flexion and extension, elbow flexion and extension; or movements in other planes provided the transition is smooth and seamless

Frontal Plane – poses that are positioned side to side

Examples: Warrior II, Side Angle, Reverse Warrior

Lower Body Intensity/base moves to transition to: jumping jacks, pendulums, side leg lifts, side kicks, soccer kicks, etc.

Upper Body: shoulder abduction and adduction; or movements in other planes provided the transition is smooth and seamless

Transverse Plane – poses that feature a bent knee that can move parallel to the pool floor

Examples: Stork, Tree

Lower Body Intensity/base moves to transition to: knee swings (hip transverse abduction and adduction)

Upper body: Transverse shoulder abduction and adduction; or movements in other planes provided the transition is smooth and seamless

Neutral Position – poses that feature both feet placed together

Example: Chair, Mountain pose,

Lower Body Intensity/base moves transition to any movement in any plane

Upper body: Depending on arm placement, movements in all planes provided the transition is smooth and seamless

Group Activity for Creating Transitions Between Cardio and Mind/Body

Describe an intensity exercise that you would sequence (flow) with the following mind & body exercises.

Warrior II

Upper Body? _____

Lower body? _____

Warrior I

Upper Body? _____

Lower body? _____

Chair

Upper Body? _____

Lower body? _____

Spine Twist (Pilates)

Upper Body? _____

Lower body? _____

QUICK REVIEW – POOL PRACTICAL

First half: Review exercises for Yoga, Pilates and Ai Chi

Second Half: Put exercises into combinations with cardio intervals

- **Add-On**
- **Interval Training**
- **Noodle Circuit**
- **Pure Patterned Repetition**
- **Linear Flow**

Self-Directed Activity: Creating a Mind/Body and Cardio Combination

Choose one of each: Pilates Exercise, Yoga Posture, Ai Chi Movement, Cardio interval
Consider why you chose these four exercises together. In other words, make sure they transition together into a flowing combination.

#1

#2

#3

#4

PRACTICAL POOL APPLICATIONS

THERMAL WARM UP & DYNAMIC STRETCH

High knee jogs, front kicks, ankle reaches and high heel jogs

YOGA POSTURES

Mountain Pose	Chair
Crescent Moon	Eye of the Needle
Scapula and Pectoral Stretch	Extended Hand to Big Toe
Arabesque	Tree
Stork	Warrior II
Dancer	Side Angle
Warrior I	Reverse Warrior
Warrior III	

STANDING PILATES EXERCISES

Hundreds	Spine Twist
Single Leg Stretch	Standing Saw
Single Leg Circles	Standing Saw with Leg Lift
Single Leg Kicks	Side kick Series

SUSPENDED PILATES MOVEMENTS WITH NOODLE

Hundreds	Bicycle or Scissors
Single Leg Stretch	Teaser
Double Leg Stretch	

STANDING PILATES MOVEMENTS WITH NOODLE

Prone Plank – Chest Press	Prone Plank – Leg Lift
Side Plank – Mermaid	Side Plank – Side Kick Series

AI CHI MOVEMENTS

(Basic Movements have been added for sequencing & flow)

Contemplating	Enclosing
Floating	Shifting
Uplifting	Accepting

PUTTING IT TOGETHER (Recommended Music BPM: 125-128)

Add-On Flow

The beats, reps and sets below are just suggestions if using music

Floating (Ai Chi) 4 sets (32 beats)

Jumping Jacks with neutral arms x 8

Scapula stretch (16 beats) & Pectoral stretch (16 beats)

Rear lunges with transverse abduction & adduction x 8

Pilates Spinal Twist 4 sets (32 beats)

Cross Country Ski 3 & BC for 4 sets (double arm)

Crescent moon R (8) Crescent Moon L (8) Tree R (8) Tree L (8)

Interval Training

40 Seconds (or 64 beats) WORK: 20 seconds REST (or 32 beats)

Work: Power Back Kicks

Rest: Arabesque

Work: Sprints

Rest: Dancer

Work: Elevated Power Jacks

Rest: Eye of the Needle

Work: Power Moguls

Rest: Hundreds

Work: Power Tucks

Rest: Single Leg Stretches

Noodle Circuit

60 seconds CARDIO: 30 Seconds Conditioning

Circuit 1 Cardio: Rocking Horse with Chest Press

Circuit 1 Conditioning: Prone Plank – Chest Press

Circuit 2 Cardio: Back kicks

Circuit 2 Conditioning: Prone Plank – Leg Lift

Circuit 3 Cardio: Reclined Leg pull downs (scissor kicks)

Circuit 3 Conditioning: Single Leg Stretch

Circuit 4 Cardio: Noodle Side plunge right arm & Kick left leg

Circuit Conditioning: Mermaid right side

Repeat both – switching sides

**Aqua Yoga & Pilates Fundamentals Aquatic Exercise Association
Pure-Patterned Repetition**

The beats, reps and sets below are just suggestions if using music

Ski in three (8) Warrior I (8)
Accepting x 4 (16)

Ski in three (8) Warrior I (24 beats)
Accepting x 8 (32 beats)

Jacks in three (8) Floating (8) Shifting R (8) Shifting L (8)
Warrior II to the right (8) Side Angle (8) Lean Back (8) Inverted jacks x 2 (8)
Warrior II to the right (8) Side Angle (8) Lean Back (8) Inverted jacks x 2 (8)

Saw x 4 sets (32)

Creating Linear Flow

Start with: Mountain Pose/ breathing– eyes closed then open

Crescent moon/ Standing side stretch

Jumping jacks (arms out of water)

Scapula & Pectoral stretch

Enclosing (vigorous arm movements)

Pilates Spinal rotation

Power twists (add knee elevation)

Chair

Side kick series R & L

Arabesque

High heel jogs

Warrior III

Swing kicks R & L

Warrior I

Accepting

Cross Country Ski

Tree

Eye of the Needle R to Extended Hand to Toe R (repeat on left)

Warrior II (turn R lead foot) to Side Angle to Reverse Warrior

Warrior II (turn L lead foot) to Side Angle to Reverse Warrior

Shifting – Enclosing – Floating – Contemplation – Namaste