



Aquatic & Fitness Professional Association - International

Dictionaries of Aquatic Exercises

Anchored Aquatix

Basic Shallow

Deep Water

Aquatic Kickboxing

Aquatic Step

Aquatic Tai Chi

Pre/Post Natal

Senior/Arthritis

CORE Exercises

Anchored Aquatix

Circles in the Sand – Moving Backward, Step back on the right leg, circle the left leg from the front to the back, step on the left leg, circle the right leg from the front to the back

Charleston – Step right, kick the left leg front, step left, touch the right toe in back, repeat on other side.

Crab Walk – Feet opened wide, squat down with shoulders under the water, then scuttle.

Cross Country – Anchored on the left leg, move the right leg forward and back, repeat on other side.

Fish Tail Walk – Step on the right leg, left foot on the right knee, open the left knee to the side, and to the front, then step forward, repeat on other side.

Grapevine – Step side cross back, step side cross front

Hamstring Curls – Travel backwards, step on the right, curl the left leg behind. repeat on other side.

Heel Walk – Walk on your heels

Hopscotch – Star with legs apart, reach the left hand to the right ankle, step; repeat on other side.

Jacks – Anchored on the left leg, move the right leg out and in. repeat on other side.

Knee Extension – Bend the knee, straighten it as you step forward (do not lunge)

Lunge Walks – Forward and Backward. Shoulders drop under the surface on the lunge, then stand up tall.

Mule Kick – Balance on the left leg, swing the right knee up, then extend it to the back near the floor. repeat on other side.

Punch Kick – Balance on the left leg, bend the right knee, punch the leg to the floor in front, bend the right knee, punch the leg to the floor in back. repeat on other side.

Rocking Horse – Step lift the right knee to the front, step curl the left leg behind

Side Together – Step to the side with stiff, straight legs then step together

Skateboard – Anchored on the right leg, sweep the floor with the left foot a number of times as if riding a skateboard. repeat on other side.

Soldiers March – (Goose Step_ Lift the leg straight up and down as you travel

Step Kick - Step then do a flit kick, kicking out from the knee

Step Touch – Step right leg front, touch the left toe to the side. repeat on other side.

Square Dance – Hand over hand, Do-Se-Do

Squats – Sideways. Shoulders drop under the surface, then stand up tall

Toe Walk – Walk on your toes

Triplet – Two steps up on your toes, one lunge. Repeat.

Walk Backward – Arms do a crawl stroke forward or a breast stroke/pull

Basic Shallow Water

ALTERNATING HEEL LIFT - alternate the heel, lifting up towards the gluteus

BACK LEG KICKS - alternating leg kicks towards the back of the body; keeping the leg low, and squeezing the gluteus. Variations: back corner ; back leg angled

BUNNY HOPS - feet together; small hops.

CAN-CAN hop on one leg, pump the other knee up and down, then do a straight leg kick out and down.

COWBOY KICK - knees point out, (side knee positions) bend one knee up and kick it out, then the other leg.

CROSS-COUNTRY SKI (SCISSORS) - alternating leg lunges front and back. ("Nordic track")

CROSSEVERS (SCISSOR JACKS) - do a jumping jack and cross one foot in front of the other when the legs come together.

DOLPHIN KICK - buoyant, level three; knees bent to 90 degrees, kick the legs out to an extension, and curl back. Propels backward.

DOUBLE HEEL LIFT - with both knees pointing to the floor, pull them up towards the gluteals. (Sitting Cuff Taps)

DOUBLE KNEE LIFT - with feet wide apart, pull the knees up and down.

DOUBLE RUSSIAN KICK - with shoulder submerged, tap feet on the floor o the pool then kick both feet to a V.(Cossack Kick)

FISH TAIL - hop on the right leg, left foot in on the fight knee, fan the bent knee in and out.

FREE THROW - jump and life both legs to the front at the same time. (Free throw) push hands from shoulder, as if throwing a ball. Do not throw hands overhead.

FROG -begin feet together, jump up and pull the knees open, return with the feet together.

FRONT LEG KICK - alternate straight leg kicks towards the surface.

FRONT RUSSIAN KICK - front kick from the knee with shoulders submerged

GALLOP - legs in a lunge position, move forward; legs in a straddle position, move sideways.

HELICOPTER - feet together, jump and spin in a circle; land on both feet.

HITCH KICK -two kicks front,(right-left), two kicks back (right left)

HOP KICK -hop on the left, kick the right leg; hop on the right, kick the left leg.

HOP SCOTCH – front: legs in a wide knee position, alternate lifting the heel front and touching it with the opposite hand.

Back: kick the heel up in back , reach with the opposite hand

JACK-N-TUCK -jumping jack legs apart, pull the knees up together in a tuck.

JACK JUMPS -jumping jack legs apart, squeeze legs together, legs straight while shooting up out of the water.

JUMPING JACKS – jump feet together, jump feet apart. Variations: Heel Jacks – tap one heel out to the side; then the other. Front & Side Jacks – feet together, hop front, hop back; jump out, jump in.

KANGAROO (Broad Jump) – hop forward as you tuck the knees up, circle forward, land.

KARATE KICK – bend leg, to the side and up towards the surface, kick the leg out and in.

LEAPING LENNY – bend one knee out to the side, leap side, the other leg trails then exchanges places with the first leg. (1/2 pendulum, leap)

LEG CIRCLES – hopping on the right leg, circle the left leg from back to front or front to back, and switch (hop, two, three, switch)

LEG EXTENSIONS AND CURLS – hop on one leg, the other leg extends out front, and curls under from the knee; the thigh is steady.

LEG SWING – hop on the right leg as you swing the straight left leg forward and back from the hip. Switch sides. Modified: execute the same movement with a bent knee. Variation: bend kick front, bend kick back while hopping on the opposite leg.

LUCKY CHARM – jumping the legs out, and simultaneously lift one heel front and the other heel back with the knees open.

MOGULS – feet together, hop from side to side.

MOGUL TUCK – perform a mogul, pull the knees into a tuck between each hop.

MULE KICK – swing bent knee up, press the same leg straight in back. Variation: Rocking Chair – bend front leg up, press the opposite leg back

ONE LEG JUMPING JACK – perform a jumping jack with one foot remaining in contact with the floor, and the other leg abducting out to the side.

ONE LEG TUCK – pull both knees up to a tuck position, land on one leg only.

OUTSIDE FROGS – jump and touch the outside of both ankles.

OVER THE BARREL – from a wide knee running position, travel lateral.

PENDULUM – rock from right to left with feet apart.

POWER FROG-with arms straight in the air, pull the elbows down to meet the knees while coming up in a wide position.

POWER JACKS-tuck, land feet together, tuck, land feet apart.

PRANCE-with feet together and knees relaxed, roll up through the right and left feet alternating.

ROCKING HORSE-rocking from the front foot to the back foot, performed with a straight legs, knee front/straight back, knee front/curl back.

RUSSIAN KICK-V kick, alternating right and left kick from knee, with shoulder submerged

SCISSOR KICKS-short, choppy, low straight leg kicks

SCISSOR JUMP- perform a cross country ski, (right leg front; rebound) scissor the legs before landing right leg front again.

SINGLE HEEL LIFT-hop on one leg, the other knee points to the floor, pull the heel up and down towards the gluteals.

SKIPPING-hop step, hop step, hop step,

SKIP ROPE – with feet together, hop circling wrists by waist.

SPLIT JUMP – feet together, jump up, throw the right leg front and the left leg back. Bring feet back together land.

STRADDLE JUMP– feet together, jump up, throw the legs out to the sides. Bring feet back together land.

TEXAS FROG – when doing a jumping jack, as your feet come in, pull the bottom of the feet together under the buttocks, land with feet apart.

TOE TAPS - with feet together and knees bent, tap the toes on the floor of the pool.

TUCK – pull both knees up, touch the knee caps with hands, land on both feet.

TUCK CROSS-COUNTRY – pull both knees up to a tuck, land in a cross-country ski position; repeat.

V KICKS – straight leg kick toward the surface on the diagonal

WIDE KNEE RUNNING (TIRE PUMPS) - With legs apart, pump the knees up and down as in running.

Deep Water

ABDUCTOR PULSE - Legs are pressed apart in a straddle, pulse in this position.

BICYCLE - Legs parallel, rotate the legs forward and backward as if riding a bicycle.

CROSS COUNTRY SKI - Alternately split the legs front and back as in cross country skiing.

DOLPHIN KICK - Suspended in a sitting position, kick both legs out and under from the knee, upper body rocks.

DOUBLE HEEL LIFTS - Suspended vertical, keeping the legs parallel pull both heels up towards the gluteus and thrust both legs down toward the pool bottom. Repeat.

DOUBLE RUSSIAN - Suspended in a wide knee sitting position, kick both the legs out and under from the knee.

EGG BEATERS - Wide knee position, rotate both legs as drawing circles with the legs. Rotate the legs outward, and inward, and alternate. Try to keep the knees open and stationary.

FIGURE 8 - Begin with legs parallel, rotate the hips so the toes pass by each other, then rotate the hips so the toes pull away from each other.

FRONT HOPSCOTCH - Wide knee position, reach and touch the ankle with the opposite hand, in front of the body.

FRONT RUSSIAN (SIT KICK) - Suspended in a sitting position, alternately kick the leg to the front from the knee. May travel forward or backward, be sure NOT to bicycle.

HEEL LIFTS (alternating & single) - Suspended vertical, keeping the legs parallel pull the right heel up towards the gluteus and return it down, then pull the left heel up towards the gluteus and return it. Continue to alternate. Keep the knees pointed toward the pool bottom, as if running on your knees.

Single heel lifts are performed the same way, only repeating one leg numerous times before switching to the opposite leg.

HEEL TAPS (ADDUCTOR PULSE) - Legs straight, heels together and feet turned out, tap the heels.

HIGH KNEE JOG - Alternate the knees up and down in a jog, shoulders up, gluteus down. The legs and feet thrust towards the pool floor.

HURDLE -N-TUCK - Perform a hurdle position, one leg out to the side, the opposite knee bent, then pull both knees in to a tuck. May be repeated on one side to travel, or alternated while staying in place.

JACKS - Jumping jacks. Both arms and legs press out and pull in at the same time. May be performed with the legs pressing out while the arms pull in.

JACK -N- TUCK - Perform a jumping jack, legs apart, then hug the knees as they pull in to a tuck.

JOG (CIRCLE ARMS IN) - While jogging, circle arms in toward the body, as in a rowing motion; circle the arms out away from the body as in a breast stroke motion.

JOG CUFF TOUCH - While jogging; reach down on the outside of the leg to touch the ankle.

LUCKY CHARM - Lift one heel front and the other heel back, keeping the knees open wide, then throw the legs down to a "jack" position. Repeat alternating the front foot.

OCTOPUS - Perform a jumping jack; to travel backward the arms circle around into the body as in a rowing motion, the legs follow the arms. To travel forward, the arms circle around away from the body as in a breast stroke motion, the legs follow the arms.

OVER THE BARREL - Wide knee running position, travel sideways. Make sure the knees are pumping up and down; it is not a side stroke.

POWER WALK - Similar to a speed walk, but the hands turn in a wide paddle like position.

RUN - Similar to a jog, but performed at greater speed. Knees pump up, and the legs thrust toward the pool floor.

SCISSORS - Cross one leg on top of the other, quickly change the feet front to back, keeping the thighs in contact.

3 SCISSORS - 1 PUSH - Perform scissors, crossing 3x, then push the legs apart in a straddle.

SEATED FLUTTER - In a seated position ("L" sit) back erect, legs straight out in front of body, flutter kick.

SIDE BICYCLE - Perform the bicycle while lying on your side.

(SIDE) RUSSIAN - Suspended in a wide knee sitting position, alternately kick the leg to the side from the knee.

SINGLE KNEE LIFT - Legs parallel and straight, pull one knee up and down, repeat; reverse to the opposite leg.

SPEED WALK - Suspended in a vertical position, legs straight and tight; walk quickly moving the legs no further than heel to toe. Invision putting both legs into one pant leg and walking. The hands slice through the water.

SPLIT KICKS - Split the legs, right leg front and left leg back, bring legs together, repeat three more times, then switch so the left leg is front and right leg is back.

STANDING LEG FLUTTER(breaststroke/rowing) - Suspended vertical, legs straight towards the pool floor, flutter kick. Traveling forward perform a breast stroke, traveling backward perform a rowing motion with the arms, keeping the arms in the water continuously.

TOE TAPS - Legs rotated in, knees relaxed, toes touching and tap them together.

TOE TOUCHES - A straight leg kick. Reach one leg up towards the surface, reaching for the toe, as the opposite leg reaches down toward the pool floor.

TURN AND TOUCH -Suspended in a vertical position, turn to the right side and touch the elbow to the knee, then turn to the left side and touch the elbow to the knee. Repeat.

TWIST - Straight legs, or in a tuck position, twist from side to side.

V-KICK - A straight leg kick on the diagonal, drawing a "V" shape in the water. Reach one leg up towards the surface on the diagonal, as the opposite leg reaches down toward the pool floor.

WATER WALK - NO ARMS - Perform a walking motion, (right, left, right, left) with the hands above the waters surface.

WIDE KNEE RUNNING (TIRE PUMPS) - With legs apart, pump the knees up and down as in running.

Aquatic Kickboxing

Upper Body Boxing

Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward at shoulder level, the fist rotates 90°, and the arm recoils to ready position.

Upper Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward angled upward 10°, the fist rotates 90°, and the arm recoils to ready position.

Double Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward angled upward 10°, the fist rotates 90°, two punches are delivered, and the arm recoils to ready position.

Feint Jab- Off the front foot. A slight drive from the back foot, forward arm extends, arms drives straight forward angled upward 10°, the fist rotates 90°, a small fake, delivery of the final punch, and the arm recoils to ready position.

Cross or Power- Off the rear foot. A rotation and drive from the back foot, a rotation of the back hip and shoulder forward, rear arm extends, arm drives straight forward shoulder level, the fist rotates 90°, and the arm and body recoil to ready position.

Hook-Off of the front foot. Front arm folds out to the front to an approximate 90° angle. As the elbow lifts out to be parallel to the ground, the entire body pivots. The fist and forearm drive across and the elbow comes back into the side and the body returns to the ready position. Off of the back foot. Rear arm folds out to the front to an approximate 90° angle. As the elbow lifts out to be parallel to the ground, the entire body pivots. The fist and forearm drive across and the elbow comes back into the side and the body returns to the ready position*** Do not have the elbow go behind the body and open the shoulder. If you impacted a solid object in that position you could tear muscles in the front part of the shoulder.

Upper Cut- Off of the back foot. Rear arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the rear

foot up and through. The fist and forearm drive upward to about ab or chest level and the elbow comes back into the side and the body returns to the ready position. Off of the front foot. Front arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the front foot up and through. The fist and forearm drive upward to about ab or chest level and the elbow comes back into the side and the body returns to the ready position.

High Upper Cut- Off of the back foot. Rear arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the rear foot up and through. The fist and forearm drive upward to about chin or head level and the elbow comes back into the side and the body returns to the ready position. Front arm folds out to the front to an approximate 90° angle. As the elbow lifts up, the entire body drives from the front foot up and through. The fist and forearm drive upward to about chin or head level and the elbow comes back into the side and the body returns to the ready position.

Speed Bag- In a front stance, fists circle in fast tight circles with forearms parallel to the ground. For singles each arm, the arms stay out the body stays facing forward. For multiples on each arm, the non punching arm is at the side in a protective position and the lead shoulder is forward.

Jump Rope- Feet together with the elbows in and the forearms out parallel to the ground circle the wrists. Do every arm variation you can imagine that you would do with a real jump rope. Doubles, fast, side to side, backwards....

Upper Body Martial Arts

Front Punch- From a front stance, either arm drives forward with a 90° rotation of the fist. It recoils and returns to ready.

Double Front- From a front stance, either arm drives forward with a 90° rotation of the fist. First with two full punches. It recoils and returns to ready.

Feint Front- From a front stance, either arm drives forward with a 90° rotation of the fist. First with a small fake and then a full punch. It recoils and returns to ready.

Back Fist- Off the front foot. A slight rotation of the front shoulder inward. While bringing the front elbow up, even with the shoulder. Forward arm extends, forearm sweeps across at shoulder level, the fist rotates 90, and the arm recoils to ready position.

Ridge Hand- Off the rear foot. A rotation and drive from the back foot, a rotation of the back hip and shoulder forward, rear arm extends from the armpit, arm sweeps across at shoulder level, the hand is open palm and thumb down, and the arm and body recoil to ready position.

Elbow Strike Front- Off the front foot. A rotation of the front shoulder inward. Elbow lifts forward and out, forearm stays bent in, but sweeps across at shoulder level, and the arm recoils to ready position.

Elbow Strike Back- Off the rear foot. A rotation and drive from the back foot, a rotation of the back hip and shoulder forward, rear arm extends, the elbow lifts, the forearm stays bent in, the arm sweeps across at shoulder level, and the arm and body recoil to ready position.

Elbow Strike Down- Off the front foot. The forearm rotates up perpendicular to the ground. The elbow is pulled straight down with a contraction of the abs and a bending of the knees. The arm and body recoil to ready position.

Upper Block – The forearm rotates up perpendicular to the ground. The arm opens out with a outward rotation of the forearm. The arm and body recoil to ready position.

Down Block – The forearm sweeps down and out with an inward rotation of the shoulder. The arm and body recoil to ready position.

Lower Body Boxing

Shuffle Side to Side – In any stance, stepping, rocking, or hopping side to side.

Shuffle Front to Back – In either a right or left leg lead stepping, rocking, or hopping forward and backward.

Bob and Weave – In any stance, stepping, rocking, or hopping side to side with a lowering and lifting of the upper body.

Jump rope - Feet together with the elbows in and the forearms out parallel to the ground circle the wrists. Do every foot variation you can imagine that you would do with a real jump rope. Doubles, fast, one leg, jog, jack, cross-country,...

Lower Body Kickboxing

Front Kick- The rear leg comes forward and the knee bends and comes up. The leg extends to the front with a perpendicular flexed foot. The hips curl under as the leg is extended. Leg returns to ready position.

Double Front- The rear leg comes forward and the knee bends and comes up. The leg extends to the front with a perpendicular flexed foot. The hips curl under as the leg is extended. First a small low fake and then a full high kick. Leg returns to ready position.

Side Kick- The rear leg steps in and to the front of the front foot. The front leg lifts up sliding the foot up the supporting leg, the knee turns out, and with the knee bent and the thigh parallel to the ground, the leg drives forward with a parallel flexed foot. Leg returns to ready position.

Double Side-- The rear leg steps in and to the front of the front foot. The front leg lifts up with the knee bent and the leg parallel to the ground. The leg drives forward with a parallel flexed foot. First a small low fake and then a full high kick. Leg returns to ready position.

Back Kick- Head turns to look over the shoulder of the rear leg. The front leg steps back to the back of the rear leg. The rear leg lifts up with the knee bent and the thigh parallel to the ground. The leg drives backward with a parallel flexed foot. Leg returns to ready position.

Inside Crescent- Front leg pivots out to 45° to 90°. Front shoulder rotation from in to out precedes the leg motion, back knee comes up, outward, with the foot turned out. As the leg sweeps across the front, the leg extends as the foot turns from out and the knee sweeping toward the target, striking the target. Leg returns to ready position.

Outside Crescent- Back leg steps behind. Back shoulder rotation precedes the knee rotation. Front knee comes up, forward, with the foot turned in. As the knee sweeps across the front and it aligns to the target, after which the leg extends and the foot turns from in to out. Leg returns to ready position.

Front Roundhouse- Off the front foot. The back knee bends and the upper body leans back with a shoulder and hip turn. The front leg lifts up with the knee bent and the leg parallel to the ground. The leg sweeps across the front with a parallel pointed foot. Leg returns to ready position.

Rear Roundhouse- Off the rear foot. The front foot pivots. The rear leg lifts up with the knee bent and the leg parallel to the ground and the upper body leans back with a shoulder and hip turn. The leg sweeps across the front with a parallel pointed foot. Leg returns to ready position.

Hook Kick- Off the front foot. The back knee bends. The front leg lifts up sliding up the supporting leg and forward with the knee bent and the leg parallel to the ground. The leg extends and pulls backward across the front. Leg returns to ready position. Cue: slamming the door behind you with groceries in your arms. This is like a side kick, but with a sweeping backward of the heel during the latter part of the kick.

Axe Kick- The front leg comes up and the knee bends. The leg extends to the front with a perpendicular flexed foot. The hips curl under as the leg is extended. The straight leg drives down toward the ground. Leg returns to ready position.

Jump Front- Off the front leg. The rear leg comes up and in while jumping upward driving that knee to alignment with the target. The front leg then executes a front kick while in the air using the recoil of the driving knee.

Jump Roundhouse- Off the front leg. The rear leg comes up and in while jumping upward. The front leg then executes a roundhouse kick while in the air.

Knee Strike- Knee comes up forward and hard. Leg returns to ready position.

Both Side- Jumping up. Knees come up with feet under. Both legs extend out with flexed feet. Leg returns to ready position.

Balance and Form –

Knee Raises – Standing upright in proper alignment. With the supporting leg knee bent. Lift and lower one knee. Foot flexed, Repeat lifting to the ball of the foot of the supporting leg. Repeat turning the leg that is lifting either in or out, but still in front of the body, the hips must lift.

Muscular Balance Compensating Exercises-

External Rotator Cuff- Standing in alignment with the elbows by the waist, hands together in front parallel to the surface of the water, leading with the back of the hands rotate our hard. Open the elbow out and slice the hands forward back to the starting position.

AQUATIC STEP

LEVEL ONE	LEVEL TWO	LEVEL THREE
Tap back		
Lunge back	Lunge back, hop on top	Hop, lunge back, hop on top
High leg kicks front	Swing kick	
Leg circles		
Skate board		
Hamstring curl		
Step up, step down (Basic)	Jog up, jog down	Hop up, Hop down
T-step	T-step	zigzag
Step tap	Rocking horse	
Side squat		
Repeater	Repeater knee 3x, hop change	
	Alternating lunges side	
Step, tap ankle		
	Side abductions	
	Over the top Across the length	Moguls with tap Mogul: with tuck Mogul: with turns Mogul: buoyant, over the top
		Lunge with tuck Lunge with 1/4 turn Lunge with 1/2 turn Lunge with full turn
	Double lunge - wide	Double lunge - with leg closure Double lunge - with tuck Double lunge - with turn Double lunge - with tuck & turn
Straddle Basic	Straddle Jog	Jumping Jacks One-leg Jumping Jacks (2) Jacks - 1/4 turn Jacks - 1/2 turn Jacks - full turn Jack -n-tuck Tuck Jack - from the top Tuck Jack - from the bottom Double tuck jack – combination of both Tuck Jack - with turns Jump Jacks buoyant over step
Cross Country Ski Position: - hop low	Cross Country Ski Position: - hop medium; straighten knee cap	Cross country ski position: - hop high; (propulsion) click toe to heel
	Cross Country Ski - low	- medium - high Cross Country buoyant over step

Aquatic Tai Chi

Movement:

1. feet wide apart, sway side to side; shift weight into each leg
pause on the right side, shift and turn leaning back into the bent knee.
2. parallel, feet wide apart; cross wrists at midline inhale. Move the arms from in front, to overhead, then open arms out to the side. As the arms open out to the side, exhale and sink into a squat.
3. feet wide apart, legs and feet turned out; repeat the same arms (#2) As the arms come down to the side, sink into only one leg, shift to center, come up.

Posture:

1. woo chi
feet parallel, under the shoulders. Bend the knees, cross wrists in front of chest, then open arms to "hug a tree"
2. ti stance
like a hamstring stretch, one leg in front, back leg is bent. Weight is in the back leg (yang) no weight in the front leg (yin) Arms "hug a tree".
3. bow stance
lunge right leg forward, rear foot is flat. "sit" in a chair. Arms "hug a tree". Leave the right arm in place (hugging) brush the left arm down, then pull it up to touch the right hand.

Solo Exercises

1. heels together, feet slightly turned out; bend the knees. Then, sink into the right leg as you extend the left leg out to the side. Shift your weight to the left leg, then shift your weight to the center (woo chi position) then straighten the legs.
2. Inhale as straight arms rise up in front, then pull the elbows back. Palms down, exhale and press the hands and arms down.
3. Shift the weight to the left leg, ti stance, shift weight forward to the bow stance. Roll back to shift weight, circling the arms.
4. Roll back and push - lunge position, roll forward and back. Roll the hands as a wave of water. Add a leg lift.
5. Embracing the Moon - legs apart. Hold a moon in between hands, elbows dropped, sway back and forth. Add a leg lift.
6. Wave Hands Like Clouds - legs apart. Circle the hand (wax off), keep eyes on hand. Add movement: step side together, side together, side together.
7. Circling Arms - Sweep arms alternately into the chest as you step side together.

8. Kick side with Circling Arms - legs parallel; Sweep arms from together and low, then out to the side, as you step forward and kick low to the side.
9. Scoop both arms under and up, alternate kick, pivot - in the lunge position, up on the balls of the feet. Bend the knees as you scoop the arms down and up; pivot.
10. Parting the Wild Horses Mane - lunge position, cradle a baby on the side, slide the hands over each other as you walk in the lunge position.
11. Figure 8 with Pendulum Legs - legs apart; working leg sweeps in a figure 8, then steps to the side. Reverse with the other leg.
12. Circles in the Sand - lunge position; sweep the back leg around to the side, to step front. Repeat. Reverse; sweep the front leg around the side to step back. Repeat.

Pre/Post Natal

EXERCISE	PURPOSE
<u>PELVIC TILT</u> Back against the wall, rotate pelvis so the back comes in contact with the wall	Strengthen abs; relieve strain on the back
<u>BELL</u> Hanging on a noodle, feet together, knees open - swing legs side to side. Use obliques to pull hip toward shoulder	Strengthen the obliques
<u>ALTERNATE KNEE LIFTS</u> Deep water, hanging on a noodle; start with pelvic tilt, alternate the knee lift	Stabilize the back and strengthen the lower ab area
<u>HIP ROLLS (the Agitator)</u> Floating supine, start with pelvic tilt, knees together, drop the knees side to side.	To increase flexibility in hips and stretch the back
<u>CHANNEL 4</u> Sitting, cross one ankle over the other, bring bottom knee toward chest.	Stretch buttock, deep 6 and hips.
<u>FROG</u> Sitting, pull soles of feet together as knees open.	Hip joints, abs, inner thighs.
<u>SIDE BENDS</u> Shallow water, stand chest deep. Bend as far as possible to one side then the other.	Stretch and relieve strain.
<u>BUTTERFLY</u> Sit, split legs apart, rotate legs to the back, bend knees and pull them through. Repeat.	Abs and hip rotation
<u>REVERSE CURL ON THE WALL</u> Float on stomach, grasp pool edge - one hand higher than the other. Do pelvic tilt, pull knees toward chest, then return.	Strengthen abs and back
<u>LEG CIRCLES</u> Stand next to pool edge, swing one leg to the front, then 1/2 circle the back. Repeat.	Strengthens and tones lower abs & legs.
<u>SCISSORS</u> Hang on a noodle, perform Jumping Jacks with the legs. Use different degrees of angles, up to 45°.	Abs, abductor/adductors.

Senior/Arthritis

Stationary (at the wall)	Perform while doing water-walking moves.	On a noodle
<p>Stand sideways at the wall; hold the edge of the pool for balance. Hip flexion/extension: lift the leg slowly to the front. Keep the back erect; do not slump. Lower the leg to starting position.</p> <p>Gluteal strengthening: squeeze buttocks tightly together. Hold for 5 seconds. Relax, repeat.</p> <p>Stand with back to the pool wall, knees relaxed. Hip internal/external rotation: Tap the toe out and in, pivoting on the heel. Motions should take place in the hip.</p> <p>Stand sideways. Internal/external rotation: (fishtail) Lift one knee up; rotate the knee out the side, then return to midline.</p> <p>Stand sideways. Hip abduction/adduction: Abduct the right leg to the side, and then pull it in toward the wall, crossing the midline. CAUTION: if a participant has had a hip replacement, they should not cross the midline.</p> <p>Hip rotation: Leg circles. abduct one leg to the side, then make inward circles with the leg; reverse and make outward circles with the leg.</p> <p>Stand with back to the pool wall. Ankle dorsiflexion/plantar flexion, ankle inversion/eversion: point and flex the foot; circle the ankle; turn sole of the foot inward then outward.</p> <p>Ankle dorsiflexion/plantar flexion: Calf raises. Rise up on balls of feet, lower then roll back onto the heels while lifting up the toes.</p>	<p>Arm abduction/adduction (jumping jack arms)</p> <p>Arm abduction/adduction and internal rotation: cross arms in front of the body, and in back of the body.</p> <p>Pinch shoulder blades together, then round the back by rolling the shoulders forward.</p> <p>Shoulder shrug. Shrug both shoulders; shrug one at a time.</p> <p>Elbow flexion/extension (bend the elbow, try to touch the thumbs to the shoulders. Keep elbows close to the side of the body) REPEAT this exercise touching the fingertips to the shoulders. Palms face down when lowering the hands. Advanced variation - touch the fingertips to the shoulders and lift the elbows up higher.</p> <p>Elbow flexion/extension: place the hands together, bending both elbows until the hands touch the right shoulder. Slice the hands down to touch the outside of the left thigh. Reverse; repeat.</p> <p>Scapular retraction: raise both arms in front of the body. Bend the elbows sliding them back and behind the body, pinching the shoulder blades together. Keep the bent arm parallel.</p> <p>Shoulder circumduction (rotation): raise both arms in front of the body - palms up. Push the arms out to the side, palms back and thumbs down. Lower the arms. Repeat.</p> <p>Shoulder circumduction: make circles with the shoulders, forward and backward. Arms are at the sides.</p> <p>Supination/pronation: Turn the palm toward the ceiling; then turn them down to face the bottom of the pool. Keep elbows near waist.</p> <p>Finger flexion/extension: Curl the fingers in to make a loose fist, then straighten them out.</p>	<p>Hip abduction/adduction (jumping jack legs)</p> <p>Hip and knee flexion/extension: "bicycle"; pedal the legs.</p> <p>Hip flexion/extension: Front leg lifts, and cross country ski.</p> <p>Hip and knee flexion/extension: March, lifting one knee up then the other.</p>

<p>Stationary - continued</p> <p>Combined arm movements - stationary.</p> <ol style="list-style-type: none"> 1. With straight arms, clap the hands together in front, then in back. 2. Clap the hands together in front, then raise them straight up, Then lower the arms slowly, and clap them behind the back. 3. Raise the arms to the side, then up overhead, touching the palms together. Lower the arms. 4. Clap the hands together, low in front, fingertips towards the pool floor. Keep the palms together, and raise the arms overhead; keep the palms together as you lower the arms to starting position. 5. Raise both arms overhead. Slowly move both arms side to side while they are overhead. Trunk does not move. 6. Clasp the hands together in front of the body. Slowly turn the trunk to the right using the hands to direct the turning motion. Moving upper body only, do not move the hips, pelvis or feet. <p><u>Pull your dress zipper.</u></p> <p>Reach one hand up and over to the "top of the dress zipper".</p> <p>Reach one hand at the base of the spine to the "bottom of the dress zipper".</p>	<p>With water walking moves - continued</p> <p><u>Finger flexion/extension:</u> Bend and straighten the fingers in both hands to imitate a cat's clawing motion.</p> <p><u>Finger flexion/extension:</u> Bend each finger as though playing a piano.</p> <p><u>Thumb opposition:</u> Touch the tip of the left thumb to the tips of the other fingers, one at a time, to form a round letter O.</p> <p><u>Thumb flexion/adduction:</u> Touch the left thumb to the base of each finger in the left hand. Repeat with the right hand. Perform both at the same time.</p> <p><u>Thumb circumduction:</u> Move the thumb in a large circle, in each direction.</p> <p><u>Wrist flexion/extension:</u> bend both wrists backward and forwards.</p> <p><u>Wrist extension:</u> Praying hands palms together. Lift the elbows up, and rotate the heel of the hands toward chest. Keep heels of hands together.</p> <p><u>Wrist extension/flexion:</u> Praying hands, lace the fingers. Press the left hand gently forward with the right hand. Reverse.</p> <p><u>Combined arm motions:</u></p> <p>Breast stroke Crawl stroke</p>	
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CORE Exercises and Pilates like Moves

by Lennie Stewart and Cindy Holcomb

On Back

Bicycle Touching Ankles (Criss Cross) – Bring ankle up to opposite hand with the knee turned out while lying on back

Toes to one Side up and Over (Heel Lifts) – Knees are bent and pointing to the roof. Feet are together but slightly to one side of the rear end. Extend the legs to the ceiling and then bend the knees bring the feet down to the other side of the rear end.

Toes out Heels Together pulse together (Heel Beats) – Lying out flat on back with the legs tight together and the toes turned out to the side, pulse the heels together.

Pike

Slow Pikes to Sitting Toes at Surface (V Sits) – In a V or pike position facing up, the toes are just out of the water and the legs are straight and together. Drop the rear end down and bring the thighs towards the abs keeping the toes out of the water.

Pikes to Sitting Feet Stacked one on top of another (Oil Pike) – Variation of above with one foot stacked on top of the other and the whole top foot is out of the water.

Pulse Arms Down (The 100) – Hold the V and the arms are along the surface of the water, pulse the hand down with straight arms.

Shoot through to Back and Roll Over (Roll like a Ball) – From pike, bend the knees bring them into the chest, roll on to your stomach and extend the legs out behind, spin on side over to pike position.

Wide V Pike (V leg lift) – In a V or pike position facing up, the toes are just out of the water and the legs are straight and wide. Drop the rear end down and bring the thighs towards the abs keeping the toes out of the water.

Wide V Shoot through Roll Over (Variation of V and roll like ball) – From pike with wide legs, bring the legs together, bend the knees bring them into the chest, roll on to your stomach and extend the legs out behind, spin on side over to pike position opening the legs wide

On abs

Toes out Heels Together pulse together (Heel Beats) – Lying out flat on stomach with the legs tight together and the toes turned out to the side, pulse the heels together

Pushups – Face down with the legs tight and together, with noodle or buoys, keep abs tight and back straight, extend arms down to bottom of pool and bring up with elbows to roof

Pushups one foot Stacked – Face down with the legs tight and one foot stacked on other, with noodle or buoys, keep abs tight and back straight, extend arms down to bottom of pool then bring up with elbows to roof.

Flys (With Buoys or Dumbbells) – Face down with the legs tight and together, with noodle or buoys, keep abs tight and back straight, extend arms down to bottom of pool and squeeze in then bring up with elbows to roof

Tuck and Shoot to Back – Staying face down in push up position. Tuck the knees in then extend back out.

Rolls to Kneeling

Kneeling Curl (Bent Knee Lift)– Upright position with knees bent in a knee. Roll legs in to sitting position keeping the hips in one spot. Un roll to kneeling

Bell (Diamond Pendulum)– Upright position, feet together and knees wide. Rock legs to one side then the other swinging directly underneath the body.

Butterfly (Diamond Crunch)– Starting in bell position fold knees into kneeling position. Roll legs in to sitting position keeping the hips in one spot. Open knees, roll back to bell position.

Pendulum – Upright position with the legs straight and wide. Rock legs to one side then the other swinging directly underneath the body.

Kneeling Shoot to one Side Only – Start in the kneeling position. Extend the leg to one side. Return to knee repeat on same side.

Shoot Side to Side - Start in the kneeling position. Extend the legs to one side. Return to knee repeat on alternate side.

Straight Legs Together Swing Side to Side - Upright position with the legs straight and tight. Rock legs to one side then the other swinging directly underneath the body.

Pike Tuck Shoot – Upright position with the noodle held in front. Drag the leg up straight to noodle, tuck them in and shoot down. Hips in one spot.

Table Position (Pike with knees bent so knees and toes are at the surface of the water.

Small Alternating Kicks – In Table alternate extend one leg up to roof

Position both lift – In Table position extend both legs up to roof

Position Bicycle Touching Ankles — Bring ankle up to opposite hand with the knee turned out while lying in table position

Pulse Arms Down (100) - Hold the Table and the arms are along the surface of the water, pulse the hand down with straight arms.

Standing (Beginner or Intermediate) or On Side (Advanced -Laying out on side with the hips stacked one on top of the other)

Outer Thigh Lift – Lift top/one leg up and release

Top leg up Inner Thigh Lift (On side only)– Let lower leg drop toward bottom of pool and return.

Top leg Swing – Swing top/one leg forward and back

Scissor (On side only) – Swing legs opposite directions

Low Hamstring Curl – Top leg at surface of water or one leg beside other standing, curl hamstring in and out

High Hamstring Curl - Top leg out of water or one leg high to side in standing position, curl hamstring in and out

Circles Forward - Top/one leg starts to circle forward and up and completes circling that direction

Circles Backward – Top/one leg starts to circle backward and up and completes circling that direction

One Leg Circles Combo – Top/one leg circles once forward and once backward.

Both Legs Circle Together (On side only) – Either forward or backward.

Standing

Leg Swing forward and back while straight
Leg Starts Crossed over other leg and lifts out
Hamstring Curl Behind
Front lift Only
Back Lift Only
Half Circles

Straddle Noodle or put Buoys between legs (More Advanced No Flotation Use Arms with Scull to Suspend

Arms out Circles
Arms out Turn up down
Squeeze Together Palm facing
Together in Front Turn up down
In Front Small Alternating Lifts