

AKWA



BALANCE &
BURN

SUPERCHARGE
THE FRONT
KICK

TAKE IT TO
**THE
WALL!**

THE IDEAL
POOL

IAFC 2015
HIGHLIGHTS

JUNE / JULY 2015

Take It to the Wall!

By Jenni Lynn Patterson

Trying to get creative in the pool with your aquatic fitness classes? Look no further than the four walls surrounding the beautiful body of water where you teach. These walls, or lap areas, can become fantastic tools to keep students moving and engaged. There are two key factors when considering ways to get active with the pool walls: the population you're instructing, and the pool space you're provided.

Options for moving around the inside perimeter of the pool include walking, running, high knee jogging, arms up/overhead, impeding hands/arms, hurdles, jumping, and cross-country ski impact options. The choices are endless and should be determined by the population you're working with and safety of the pool environment. I wish I could include every single example I've used or seen in my teaching career, but for now I'll keep it simple and sweaty.

Starting off is my personal favorite – the **Whirlpool** – that uses the principle of inertia to push the intensity. Run around the entire pool or lane area to get the water moving powerfully, and then turn around to fight against that current! Get those knees up and arms pumping because you really have to resist the flow of the moving water, a force to be reckoned with. This is only one example of how the wall can become both your instructional ally and your student's training opponent!

Taking exercises to the wall, literally, is another fantastic feature of training in a pool. Progressing past the traditional wall kicks, try **Wall Taps**. Participants tap their feet on the wall and then back to the pool bottom without the hands on the wall for support. Wall Taps effectively engage the various muscles of the core. For example, the **Side Wall Tap** requires participants to engage the oblique muscles to laterally flex and tap the wall to the side. Keeping students active at the wall engages multiple muscles, as well as creates space if you have a crowded pool.



Powerful Wall Push Offs!

Photo by Paul Girdler

Whether you need to create space in a popular aqua fitness class or you just want to share new and exciting activities, taking it to the wall is a fun place to start.

The wall can be an explosive way to push your athletes and experienced aquatic veterans. **Wall Push Offs** offer an exciting method to get students really working and moving in the water. Within personal comfort zones, participants hold onto the pool ledge/wall, bring the feet up onto the wall, then use their legs to push off the wall (cue push through the heels). I like to encourage students to then use their core to reposition the body and forcefully run or swim back to the wall against the wave they've just created. Get ready to clean your pool deck because the waves will be crashing over the edge!

Incorporating equipment while at the wall will also create a variety of exercise options. For example, change up the traditional biceps/triceps curl with buoyant hand bars. Face the pool wall, and while extending the elbow perform a Wall Tap to create a multifunctional exercise. There are options that can work for many different ability levels. The buoyant hand bars can be a great choice for participants who cannot grip the wall, such as those with arthritis or hand/wrist concerns.

Using the wall and hand bars can challenge student's balance and isolate specific muscles when incorporated with exercises like the **Rock & Roll**. The Rock & Roll is a suspended exercise that transitions from a prone push up position (plank) to a supine position and back again, by tucking and shooting the feet between arms. Have students tap the hand buoys against the wall as they come forward into the push up position, and then tuck the legs through and tap their feet on the wall when supine. This rocking back and forth forces the core to actively engage to keep the body close to the wall, while encouraging participants to focus on balance and control.

Switching out the hand bars for a noodle offers more innovations for floatation, isolation, balance and core strengthening work at the wall. Try the noodle positioned behind the back and against the wall for modified supine kicking. Or, with the noodle behind the back and hands on the noodle, tuck the knees into the chest and then use core strength to return feet back down to the pool bottom. Students with back issues, or those struggling with Wall Taps in general, can keep the noodle behind the back for assistance.

A great total body strengthening and isolation exercise is to do the Rock & Roll with a noodle instead of the hand buoys. Instead of floatation in each hand, there's only one piece of equipment for balance, which forces the body to work harder. How To: Plank position with hands on noodle (photo 1) and then shoot the legs over the noodle for a balance challenge (photo 2). Or, bring the noodle into the core as the legs lengthen out in





1



2



3

Rock & Roll Noodle Series

front (photo 3); use the abdominals and arms to return back into plank position (see above photos).

If there is not enough wall space for the entire class, I suggest partner work. Simulate Wall Taps by facing your partner while stabilizing in the water: tap each other's feet together (instead of the pool wall) and then back down to the floor. Rock & Rolls can be done in the same way. Students tap the buoys together in the prone/plank position and then tap their feet together when supine. Again, the noodle is an option for anyone uncomfortable or unable to get their feet safely up and down off the pool bottom.

Whether you need to create space in a popular aqua fitness class or you just want to share new and exciting activities, taking it to the wall is a fun place to start. Encourage every participant

to work at his/her own fitness level and to push training limits safely and effectively. Although some may need modifications or options, getting students active with the power of the wall will really create some waves in your pool! ●

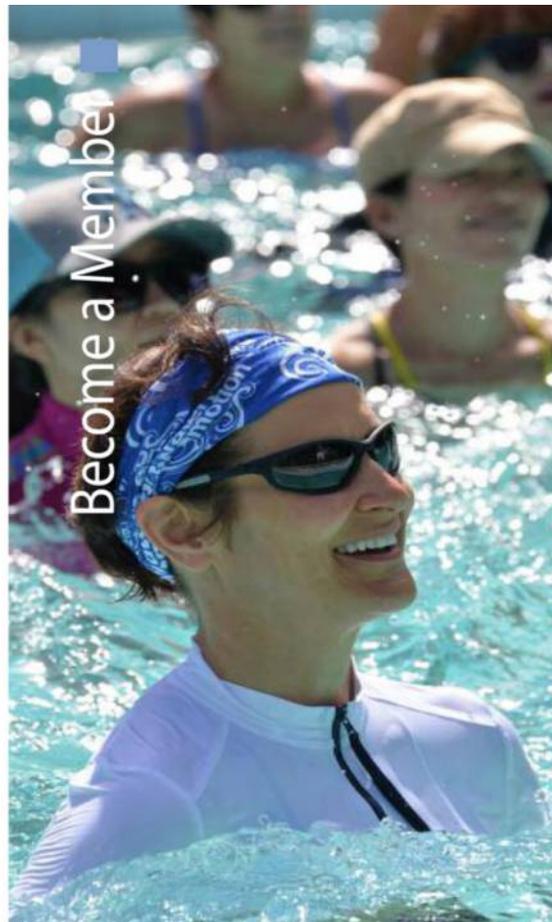
Author



Jenni Lynn Patterson is NSCA- CPT, AEA- Certified and AFAA- Certified and has been teaching aquatics in New York City for almost 10 years. Jenni Lynn incorporates kickboxing, H.I.I.T, Yoga, Pilates, and strength training in the pool. She truly believes the perception of water fitness can be transformed and soon ALL ages and genders will be working out together in the pool! For more information, contact her at www.jennilynnfitness.com or swetnyc@gmail.com

**Join AEA Today
for more great
articles like this!**

www.aeawave.com



Become a Member

Being an AEA Member gives you the leading edge as a professional. Not only will you stay up to date with current industry topics and informative educational access and privileges, you will also help AEA increase awareness of aquatics worldwide.

Benefits Include:

- AKWA Magazine Print or Digital
- Exclusive access to E-AKWA & AKWA Quizzes
- Discounts on AEA Hosted Educational Events
- Discounts from Select Industry Affiliates
- MEMBERS ONLY Access at the Website
- 20% Discount on AKWA Shop Products
- 20% Discount on AEA Online Education
- Unlimited Classified Listings & Job Postings
- FREE CEC Petitions if AEA Certified

Members @ aeawave.com – All Enhanced!

- AKWA Extra (Magazine Supplements & More)
- Pool Tools (Creative Class Ideas)
- Resources (Forms, Evaluations, Surveys & More)
- Forum Discussions
- Membership Directory
- Professional Profile
- DVD Tips & Library

Membership Options:

Additional Privileges with Options

- **One-Year E-Member / \$48.00**
 - Includes Digital AKWA Magazine
- **One-Year Pro Member / \$68.00**
 - Includes Print and Digital AKWA Magazine
- **Two-Year Elite Member / \$110.00**
 - Includes Print and Digital AKWA Magazine
 - 5 FREE AKWA CEC Quizzes, a \$50.00 value
- **One-Year Platinum E-Member / \$118.00 – Coming Soon!**
 - Includes Digital AKWA Magazine
 - Online Innovative Aquatic Choreo Club
- **Business Memberships – Coming Soon!**
 - Purchase Staff Coupons for 5-10 Staff Members
 - Become an AEA Recognized Facility!