

- Incorporate a warm-up and cool-down to this workout
- Each exercise is performed for one minute.
- Stay with each equipment station for all four exercises and then switch to another equipment station.
- Recovery time is typically 2-3 minutes
- Recommended music cadence is 128-132bpm

CIRCUIT ONE

Noodle: Jack Hop with horizontal chest press & tricep pressdown

Gloves: Jumping jacks with bent arm shoulder rotation

Hand Buoys: Jumping jacks with opposition arms

Flotation Belt: Stationary reverse breast stroke (swim move) DEEPER DEPTH

CIRCUIT TWO

Noodle: Wide straddle tuck with shoulder extension and flexion (pull downs)

Gloves: Rear lunges with lateral arm raises SHALLOWER DEPTH

Hand Buoys: Cross country ski with alternating chest press

Flotation Belt: Seated flutter kicks DEEPER DEPTH

CIRCUIT THREE

Noodles: Hip-hinged power Skates (Donkey Kicks)

Gloves: Speed bags SHALLOWER DEPTH

Hand buoys: Tuck with tricep press-down

Flotation Belt: Figure 4 crunches DEEPER DEPTH

CIRCUIT FOUR

Noodles: Plank “mountain climbers” with tricep extension

Gloves: Sprint with elbow flexion and extension

Hand Buoys: Hop forward and back with shoulder extension and flexion

Flotation Belt: Ankle reaches R & L DEEPER DEPTH

Tips for Teaching Aqua Cardio Sculpt as a Boot Camp Circuit

- Prep. Preparation is essential. If you are teaching the exercises from the handout, you should allow plenty of in-pool practice so that you know how the exercises feel in the water. This will allow you to provide more effective cueing and coaching.
- Deck instruction. If you are teaching four simultaneous stations, plan on teaching from deck. For the safety of the participants, they need to see each exercise demonstrated from a visual vantage point and that vantage point is the deck.
- Arrive early. Arrive early to class so that you can prepare the stations with the selected equipment. Encourage students to arrive early for pre-instructions.
- Assigning equipment. As the students are gathering on deck, start assigning the first piece of equipment to students, taking care to equally divide the number of participants and equipment.
- Belts and Gloves. Allow those assigned to belts and gloves to put on their equipment on deck and start with it in the warm up. Those assigned to hand held equipment can wait until after the warm-up to retrieve their equipment.
- Warm-up. Begin the warm-up with short lever base moves such as knee lifts, high heel jogs, ankle reaches and then progress to longer lever base moves such as jacks and skis.
- Pre-instructions. During the warm-up, provide all instructions and precautions.
- Talking. The instructor must talk, provide safety cues and demonstrate throughout the *entire* class. Therefore, this is *not* a social class.
- Crowding. By having belts as equipment, each station should have one exercise that can be performed in deeper or transitional depths, as long as the participant is comfortable in deeper water. This allows for more room in the shallow end.
- Equipment switch. After you have performed the selected exercises per equipment station, the students will need to move on to their next equipment. It might help if you write out the equipment switch plan on a poster board.
- Helping hands. Gloves are *not* easy to get on when wet. Encourage others to help those assigned to gloves get them on.
- Depth. It is important to note that in this program, students participate in the selected exercises at a depth that is safe and effective for each exercise.
- Recovery. For recovery between timed exercises, choose simple base moves. Those with hand held equipment simply perform the base move with the equipment floating at the surface.
- Demonstration. While the students are recovering from the work cycle, demonstrate the next four exercises occurring at each station.
- Have a watch or clock. It is easy to lose track of timed cycles when you are giving instructions and monitoring form. Having a clock that the students can see is the best scenario.
- If at first you don't succeed. The first couple of classes are chaotic, but it does get better.