

Aquatic Endings Choreography Notes Mark Grevelding

Suggested Music: 100-132BPM titles such as Karma Grooves (105 bpm) or Ibiza Club (132bpm) available at www.yesfitnessmusic.com and www.fitmotivation.com

#1 Boxing Ending

Jab x 8 (16) Jab x 16 land tempo (16)
Boxer Slip x 8 (16)
Rotate 3 & center x 2 (16)
Cross punch 3 & center x 4 (32)
Sweep 3 & center R & L x 2 (32)
Hook R & L and both (breaststroke) x 4 (32)
Upper R & L and both (shoulder flexion & extension) x 4 (32)

#2 Core Ending

Level II Jacks in 3 – end wide (8) Internal tucks x 2 (8)
Level II Jacks in 3 - end neutral (8) Tucks or shoot fronts x 2 (8)
Jack Tuck x 4 (16)
Jack tuck & hold suspended for (four counts of music) x 2 (16) *Option: add 180 degree turn*
Level II Shuffle R x 4 (8) Frog tuck x 3 & stabilize (8)
Level II Shuffle L x 4 (8) Frog tuck x 3 & stabilize (8)
Level II ½ WT Hop Forward & back x 8 (32)
Suspended ½ WT "swing" forward & back 7 & stick it (16)

#3 Upper Body Ending

Shoulder Flexion > Transverse Abduction
Shoulder Adduction > Elbow Flexion
Elbow Extension > Shoulder Abduction
Transverse Adduction > Shoulder Extension
Options: Performed standing at ½ WT and WT, perhaps standing on one leg; and then with a WT jog, ski, jack, rocking horse & more

#4 Noodle Resistance Ending

Tricep press down (4)
Rocking horse R w/ chest press (4)
Reverse Lunge R (4)
Side lunge R and plunge (4)
Repeat all L lead
Teach with repetition reduction – 16,8,4,2,1

#5 Horizontal Noodle Abs Ending

One leg crunch – long lever x 4 (16) > Hip roll x 2 (16)
Figure 4 Crunch x 4 (16) Bicycle on your side in circular direction 7 & hold (16)
Note: When right is crossed over left – bicycle counter clockwise & vice versa
Diamond Crunch x 6 (24) > Twist 3 & hold (8) *Option: Otter – full twist*

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#6 Vertical Noodle Abs Ending

Double leg stretch x 4 (32)

Shoulder flexion & extension x 4 (16) > Shoulder abduction & adduction x 4 (16)

Lateral spinal flexion/ankle reach x 4 (16) Reach 3 & hold x 2 (16)

#7 Noodle Planking Ending

Front plank – noodle is extended below shoulders, slightly in front

Front plank w/ noodle chest press & hip extension

Front Plank w/ tricep press & knee flexion

Side plank – side position with feet stacked and noodle diagonal to shoulder

Side plank w/ hip abduction & adduction and hip flexion & extension

Side plank w/ free arm extended up

Note: Switch back & forth from front to side plank

#8 Balanced Ending

All movements performed with unilateral and bilateral symmetrical & reciprocal arms

Shoulder flexion & extension with hip flexion & extension

Shoulder abduction & adduction with hip abduction and adduction

Shoulder transverse abduction & adduction with hip transverse abduction and adduction

Elbow flexion & extension with knee flexion & extension

#9 PiYoChi Ending

Mountain Pose > Contemplating > Hundreds > Floating

Spine Twist > Uplifting > Chest & Scapula Stretch > Enclosing > Chair Pose

Warrior I Pose > Accepting > Warrior III Pose > Side Kick Series (reverse leg)

Pull back (cat stretch) > Tree Pose > Eye of the Needle Pose > Hand to Toe pose (reverse leg)

Warrior II Pose > Side Angle Pose > Reverse Warrior Pose > Shifting (reverse leg)

Folding > Floating > Contemplating > Namaste

RESOURCES FOR MOVEMENTS

Aquatic Yoga, Pilates, AiChi

DVD: Liquid Hi/lo & Flex & Flow by Mark Grevelding – Available at www.fitmotivation.com

DVD & Manual: Transitioning Yoga and Pilates Between Land & Water, PiYoChi Course manual and DVD; Mary Wykle (2006) – available in AKWA Shop – www.aeawave.com

DVD: Water Pilates by Carol Argo – Available at www.carolargo.com

Book: Ai Chi Balance, Harmony & Healing by Ruth Sova

Planking

DVD: H2O Choreo & Fluid Strength by Mark Grevelding – available at www.fitmotivation.com

Grevelding/ Aquatic Endings

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Objectives

- 1) Explore optional activities that are often added into the end of an aqua class
- 2) Examine the benefits of strength, core, flexibility and mind & body
- 3) Review movements used in workout: Upper body, boxing, yoga, Pilates & Ai Chi
- 4) Refresh helpful tips regarding neutral buoyancy and buoyant resistance w/ noodles

Optional Activities

These are typically the activities that you do at the end of a traditional aqua aerobic class, such as body conditioning with equipment, ab work, mind & body and more.

What Optional Activities do you incorporate in at the end of your class? _____

Benefits of Strength Training: One of the biggest “sells” for aqua fitness is that you train muscles in pairs in the submerged resistance of the aquatic environment. Many of our students do not do any self-directed strength training. Instead, they rely on the little we teach them in class. Therefore it is important that we make the most of what little strength we teach in class. The benefits of resistance training include increased strength, coordination, balance, bone density and more, all of which improve activities of daily living (ADLs).

Benefits of Core Training: The “core” actually consists of many different muscles that stabilize the spine and pelvis and run the entire length of the torso. The muscles of the core make it possible to stand upright and move on two feet. The muscles help control movement, transfer energy, shift body weight and move in any direction. A strong core distributes the stresses of weight bearing and protects the back. The goal of core stability is to maintain a solid, foundation and transfer energy from the center of the body out to the limbs.

Benefits of Yoga: The benefits of yoga inspired movement include strengthening & stretching of the major muscle groups due to the isometric muscle actions involved in executing the postures/poses. Yoga is an ancient system of relaxation, exercise and healing with origins in Indian philosophy. It is often described as a way of life that integrates the body, mind, and inner spirit.

Benefits of Pilates: Pilates inspired movement involves mind control over muscles by willing the body to move using the breath with coordination of body, mind and spirit. Benefits include strength development of torso - abdominal and lower back muscles. A Pilates inspired workout promotes harmony and balance while providing energizing workout.

Benefits of Stretching/Flexibility: Defined as a joint’s ability to move freely in every direction, or more specifically, through a full and normal range of motion (ROM). Benefits include reduced risk of injury to joints, muscles and tendons, reduced muscular soreness, enhanced physical fitness, enhanced ability to learn and perform skilled movements and increased mental and physical relaxation.