



## **Water workouts**

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### **What are water workouts?**

-using the fantastic and unique properties of water to help stimulate, rejuvenate, accommodate the fitness needs of all participants. They are whatever you want to make them- cardiovascular workouts, strength workouts, mobility workouts, flexibility workouts, sports conditioning or cross training....as versatile or specific as you want and need.

### **Benefits to working out in the water:**

- it's fun
- can use your pool but not need to be able to SWIM
- can do workouts without much weight bearing
- can be low or high impact aerobic type workouts
- a change from the usual
- always working your core stability muscles in the water-even just by standing
- can work in multiple directions and planes of the body
- easily works the usually under worked muscles of the body
- Can be used by anyone and everyone- from the very young, to the very old, from elite athletes, to people going through an injury rehabilitation program

### **How does the water provide such a spectacular workout?**

Water has some very unique properties that make it the ideal training medium...especially for those who are injured, or have bad hips, knees, back, ankles. Here are a few examples:

1. Buoyancy- the fact that you can seem almost weightless in the water, and can vary this weightlessness according to how deep you want to be in the water. It acts opposite on our bodies than gravity does- where gravity wants to push us down, water helps make us float.
2. Drag/resistance of the water- can be from 4-42 times greater than in air, depending on speed and size of object you are trying to move. Move faster and with a bigger part of your body and you will have to work harder. Add equipment and this will be even more work.
3. Turbulence/waves of the water- this is constantly pushing your body and wanting to make you fall. Makes you work harder to stay stationary and standing.
4. Hydrostatic pressure- acts as a uniform massage to your whole body, helps the circulatory system.

### How can you get started?

-Instead of thinking of only using a pool to swim laps- think about....

- ❑ Run or walk in the water- shallow or deep...
- ❑ go for a bike ride
- ❑ Or cross country ski
- ❑ Do some jumping jacks, and frog jumps, side jumps...
- ❑ work upper body strength by doing curls or extensions, or back squeezes
- ❑ work leg strength by doing squats, lunges, noodle or board squats
- ❑ How about a boxercise workout in the water? Punching and kicking in the water at different angles, speeds, combinations...
- ❑ work your balance without the worry of falling on the ground...stand on a noodle, stand on one leg and close your eyes...stand on one leg and close your eyes and have someone make the water around you wavy and turbulent
- ❑ Abs in the water? Sure things just fall forward and then come to a standing position, try it falling back or to the side and then stand up...curl on your noodle

Equipment that can be helpful:

-water shoes- so your feet don't slip on the bottom and to provide some cushioning to your heels/soles

-a noodle or two- to help with buoyancy for mid-deep water activities and to provide added resistance for certain moves

-a buoyancy belt- help keep you afloat more

-water gloves- to provide added resistance

-leg/arm cuffs- to give you a good strength workout

Considerations:

-monitor your temperature in the water- you can be losing heat and getting cold without even realizing it. If you do feel cold- start moving faster again or get out and get dry and warm.

-keep well hydrated even though you are surrounded by water. Have a water bottle near by and take water breaks throughout your workout.

-as with any exercise program, always consult with your doctor or health care provider to see if it is safe for you to do so.

-start workouts 2-3 times per week for 30-40 minutes at an easy to moderate intensity and work your way up...so as to avoid overuse or injuring or being sore from doing too much too soon

-if you have specific injuries or limitations, speak to your therapist or WaterART instructor to be able to modify your needs in the water.

For more information, contact Julia at Core Solutions or check out the web site [www.waterart.org](http://www.waterart.org)

A few examples of some of the variety of exercises you can perform:

X-C SKI  
LEVEL 1 START  
NOODLE



X-C SKI  
LEVEL 3 START  
BUOYS



RUNNING  
SHALLOW  
LEVELS 1 & 2



RUNNING  
DEEP  
LEVEL 1  
BELT



NORDIC SKI  
LEVEL 3  
FINISH  
2 FOOT  
BAND  
STEP



WATER POLO /  
VOLLEYBALL  
LEVEL 1



ROCK CLIMBING  
JOG  
LEVEL 1  
NOODLE



CYCLING  
LEVEL 1  
BELT



CYCLING  
LEVEL 1  
NOODLE



WATER POLO /  
VOLLEYBALL  
LEVEL 3  
NOODLE



X-C SKI  
LEVEL 4  
NOODLE



And so many more.....