

## S'WET™ Deep

Take deep-water exercise to another level with S'WET Deep. Learn to incorporate Pilates, TABATA, Boot Camp, core strengthening, water running and more in your deep end to get students working harder with no impact to their joints.

- ❖ Benefits: LOW Impact, but can be high intensity
  - Use the body's full range of motion
  - Challenges Core!
  - REHAB – Preventative Training
  - ATHLETES!

### Suspended with floatation belt

- Focus on maintaining core stabilization and educate about the pelvic floor/proper alignment (Head over shoulders, shoulders over hips, hips over feet)
- AEA guidelines. How to determine if student is physically able to work in the deep without a belt?
- Use 2-3 focal points to help stay in one spot as **not to drift** (“Watch for your neighbor”)
- Remember to cue scapula decompression so the shoulders stay down (“Squeeze your armpits down”)

### SCULLING/Hand Variations – Be aware of hands!

- Slicing – least resistance
- Flat Hand – more resistance: pushing and pulling the water
- “Cupped” Hands/Gloved Hands – Most amount of resistance

### LAND DEMONSTRATION

*\*\*\*\* Cue so as not to hurt the body of the instructor\*\*\*\**

- Use chair/railing/ledge
- Arms as legs
- Shoes on hands

➤ TRAIN TO TEACH! (Stay strong, flexible and HYDRATED)

- ❖ CAUTION: NO twisting for....
  - ✓ Pregnant women
  - ✓ Spine injuries (fusions, herniation)
  - ✓ Modified twist for recent hip/knee surgeries

### CLASS FORMAT

- ♦ TRAVELING
  - Bicycle \* Running \* Cross Country

- Traveling bicycle either using arms or not, participants can go in a circle and then have them turn around to push against the currant
- Isolate one leg: one leg bicycling, the other leg extended straight down (switch)
- Try bicycling backwards to strengthen hip flexors, legs & challenge the brain
- Travel while running or cross country: Either circle around or back and forth between wall & lane/wall
- Try Cross Country backwards as well – Maintain form for maximum BODY CONTROL! (\*\*Personal favorite\*\*)

#### ♦ **BASE MOVES**

- **Cross Country** (\*Can be done with hand weights)

*Arm Variations* – Straight along sides (Alt)\*

Bicep/tricep curl\*

Transverse abduction and adduction

Elbows adducted to sides: internal/external rotation of shoulder

Arms parallel along sides

Arms extended in front of shoulders and moving side to side (Palms Facing)

\* Use one arm or none to maximize legwork

- **Jumping Jacks/Jills/Jennis** (\*Can be done with hand weights)

*Arm Variations* - Bicep/Tricep curl\*

Internal/external rotation

Extended transverse-Jumping Jennis (Lean forward)

\* Using one arm

*Leg variations* – straight legs with “soft knees”, tucking legs, Jumping Jills “T”

#### **Angels & Rock-n-Rolls**

- With or without hand weights or noodle
  - ✓ **Angels** (Emphasize feet passing below the hips when moving side to side)
    - Legs in kneeling position or straight in a “tick tock” motion
    - Double/Triple leg kicks side to side for abdominals
    - Isolate abdominals and stop momentum by having participant stop for two seconds in the middle of Angels (keep legs together or hook ankles)
    - DIAMOND LEGS: Bring bottoms of feet together, knees apart and rotate around the spine to work oblique’s. STRONG arms to help twist torso → Can lead into Rock-n-Rolls while holding Diamond legs (Watch lower back)
    - Focus on one side to isolate oblique
  - ✓ **Rock-n-Rolls**
    - Legs tucked or straight keeping legs together

- Pike/Straight legs (*Piking* at the hips) as you come from the back to the front and then a fast tuck of the legs to shoot the legs from front to back
- BUTTERFLY LEGS: Touching the feet together in front and in back but opening the legs wide from front to back and back to front (Great Hip Opener!)
- DIAMOND LEGS: use abdominals to keep bottom of feet together as you move front to back and back to front (Watch lower back)
- Add Punches while in push up/prone position & then open and closing the legs (2x), when in feet are in front/Supine position (Fun with hand buoys)

#### ◆ LEG WORK

Emphasize FORM: Head over shoulders, shoulders over hips, hips over feet, or in a seated L-position with feet parallel to hips or slightly below.

- Flutter kicks
- Flexed Feet for STRONG legs: Cross Country, Inner & Outer thighs, Criss Cross, Circles/Swivel

#### ◆ ABDOMINALS – Pilates/Wall Work

- V-Sit: really use lower abdominals to keep feet as close to the surface or lifting up and out of the water
  - Straight leg lift up and out of the water
  - Straight leg lift out to in (reverse circle)
  - Lift one leg up and out at a time (keep both feet showing at the surface)
  - Heels together/Toes out and lift out of the water
- L-Sit: Hips at 90 degree bend with feet parallel to hips or slightly below hips
- Suspended wall taps:
  - Open & close feet
  - Open feet and crisscross arms (keeping feet anchored to the wall)
  - Right & Left side taps for Obliques
  - Twist (if allowed)
  - Walking up the wall
  - HOLD feet to the wall, together or open, for timed interval
- ✓ Push Offs (Push off through the heels)
  - Run Back
    - Assisting Arms
    - Impeding Arms
    - Across chest/Hands out of the water
  - Hop Back (strong arms & abdominals)
  - Cross Country Back
    - Forward/Backward

- Swim Back
  - Freestyle/Front Crawl
  - Side Stroke (alternate sides)
  - Breast Stroke/Frog
  - Back Stroke (watch head)
    - Advanced: Toes in front at surface pulling back with arms
- ❖ If student does not want to or unable to perform push offs, they can travel backwards and forward between the space provided
- ✓ Kicking Drills (\*Use noodle if necessary/behind back or under stomach/arm)
  - Tempo Flutter kicks (Prone/Supine\*)
  - Straight leg/Flexed foot, move from hips (up & down, out & in)
  - Breast stroke kick (Prone/Supine\*)
  - Side Kick\*
  - Splashing feet or rippling the surface of the water
- ❖ If student is wearing shoes they can keep foot flexed to support the knee and kick with a straight leg from the hip (soft knee).
- ❖ Ankle issues: Bicycle legs or sit on a noodle and bicycle
- ♦ **ARMS – With Belt OR Straddling Noodle**

Using just the arms to pull/push across or around the pool

  - Focus on keeping shoulders down and taking time for form
  - Sit in a chair position to isolate the core and practice balance
  - Options:
    - Pull with the arms with hands moving past the hips
    - Open the arms to pull forward and push water with the BACK of your hand “Thumbs Up”/squeeze shoulder blades
    - Push backwards and use chest keeping palms facing
- ♦ **STRETCH/COOL DOWN**
  - ✓ Option to use the wall if participants can grip
  - ✓ Stationary or traveling stretches if water is cold

**Sample Format:**

- 60 seconds CROSS COUNTRY (with variations)
- 60 seconds JUMPING JILLS / SPEED SKATE
- 60 seconds ROCK & ROLLS (with arm & leg variations)
- 60 seconds ANGELS (with leg variations)
- 60 seconds FLUTTER KICKS / LEG WORK
- 60 seconds ARM BLASTS
- 60 seconds V-SIT UPS / AB CRUNCHES

## **S'WET Deep Sample Workout**

### **Pool Segment 1: At the Wall**

#### **Level I**

30/10 -- Run in Place w/ Pumping Arms

30/10 -- Wall Taps

30/10 -- Push Offs/Bicycle legs w/opening pulling arms (Thumbs up)

#### **Level II**

30/10 -- Running --or-- CC legs with Lateral Add/Abdu arms

30/10 -- Wall Taps w/ criss crossing legs

30/10 -- Push Offs w/ Run --or-- CC Back

#### **Level III**

30/10 -- Power CC--or--Straight Legs kick w/ reaching arms (use core)

30/10 -- Wall Taps w/ up & out legs --or-- crossed ankles lifting out of the water

30/10 -- Push Offs w/ pulling back (feet in front) --or-- Swim Back

### **Pool Segment 2: Legs & Abs**

#### **Cross Country (Frontal)**

30/10 -- Cross Country w/ lateral add/abd arms

30/10 -- Quick/shorter ROM CC legs w/ sculling arms

30/10 -- Quick CC legs w/ extended arms side to side over front leg

30/10 -- Flutter kicks propelling up & out --or-- Power CC

#### **Jumping Jills (Sagittal)**

30/10 -- Jumping Jills

30/10 -- Short/Fast Jumping Jills

30/10 -- Oblique crunches side to side w/bent legs

30/10 -- Oblique crunches side to side w/ straight/tic tock legs

#### **Rock & Roll**

30/10 -- Tuck & Shoot w/ open & close legs

30/10 -- Tuck & shoot w/ scissor criss crossing legs (obliques)

30/10 -- Rock and Roll front to back pop water up & out

30/10 -- Rock and Roll w/scissor criss crossing legs (obliques)

#### **Angels**

30/10 -- Side to side double leg kicks w/center touch down

30/10 -- Angels w/double leg dolphin kick (isolate in center)

30/10 -- Angels 4 scissor straight legs on each side (isolate/extend legs center)

30/10 -- Cross Country Angels (emphasize straight legs & engage core)

### **Pool Segment 3: Equipment – Hand Buoys**

#### **Cross Country**

- 30/10 -- Cross Country
- 30/10 -- Cross Country LONG arms using bells
- 30/10 -- Rock & Rolls
- 30/10 -- Rock & Rolls PIKE w/ up & out legs

#### **Jumping Jills**

- 30/10 -- Jumping Jills w/ bells to thighs
- 30/10 -- Jumping Jills Straight arms
- 30/10 – Angels w/dble kicks –or– scissor kicks
- 30/10 – Angels w/ Diamond legs

#### **Abdominal**

- 30/10 – V-Sit up & out
- 30/10 – V-Sit out to in

15/15/10 – R heel to L toe (switch)

30/10 – V-Sit lifting heels out of the water