

The WaterART Cycle workout program will provide conditioning to all ages, fitness levels and abilities. The Program design utilizes drills, progressions and the greatest tool...the water!!

You may utilize a noodle or a buoyancy belt (or both). Realize that a noodle may optimize more core work; however, it may not bring as many men to your program. Aquatic cycling is new program that will engage a sports oriented approach in the water. In doing so you may generate more interest in aquatic fitness as well as increased program opportunities. Cycling drills, skills and new techniques will provide greater challenge your water enthusiasts.

It is a program that focuses on personal bests and individual goals. An participant may push and pull the water at their own speed, range of motion and motivation level. The instructor facilitates challenges of body positions, cadences, range of motion and muscular balancing sets. The instructor's responsibility is to monitor how each patron feels and coaches the individual to adjust intensity according to their goals and needs.

One of the tools that may be utilized in the water is heart rate monitors. Heart rates in the water are on average 14-20 beats per minute lower for water training. Heart rates correlate to how the oxygen is used by the lungs and the muscles, breathing rate, lactate removal and accumulation, water and air temperature, water depth, medication or stimulants or even how much sugar compared to fat is being expended for energy. Use a heart rate monitor to provide immediate feedback on intensity of performance, while allowing the participant to exercise in safe ranges. The tool eliminates question of whether someone is under or over achieving. The Rate of Perceived Exertion (RPE) is another excellent additional tool used with the heart rate monitor, to monitor intensity in the waterart cycle class.



Blood lactate thresholds correlate to heart rates intensities and realize that the blood lactate accumulation is 31% higher in water. This shows that water's natural resistance elicits a greater anaerobic response to exercise. The hydrostatic pressure aids in the removal of this lactate build up thus it is more efficient when submerged.

The program will involve interval Training. Interval training utilizes sudden increases and decreases of the heart rate, or intensity changes. Each type of interval works a specific energy system, which correlates to particular heart rate or RPE. Working with aerobic intervals is typically 50-80% of max heart rate. Working with aerobic/anaerobic Intervals is generally 65-92% of maximum heart rate. Working with anaerobic Intervals has no heart rate parameters are given because the duration of the interval is so short that the heart rate monitor cannot accurately reflect the actual work intensity. It is essential to monitor the recovery heart rate as recovery heart rate is a critical part of heart health. The quicker the heart rate recovers from exercise and go back to the resting heart rate level – the better! Ideally people would take less than a minute to recover from their high intensity heart rate. Most people take 3 minutes or more. The longer you take to recover from your heart rate challenge the worst fitness shape you are in. The quicker you take to recover from a high intensity challenge –the better. Recovery heart rate may be best trained with intervals. Go hard – go easy. A cycling workout utilizes this principle well.

The basic motion of a bicycle (in the water) starts with both feet off of the pool bottom. It is a circular motion engaging the rhythmical action of the lower body primarily for cardiovascular benefit. However, in the water , muscular strength may be easily obtained with isolated movements of the hamstrings and gluteus maximus. The hands scull for posture, stability and balance to optimize the core abdominal muscles and back muscles. The start position has the leg extended at hip height and pulls forcefully downward and back. The foot position is flexed to disengage the calf muscles. An imaginary circle is drawn with the foot in front of the hips like you are on a recumbent bicycle. It is an excellent motion for maintaining range of motion of the hips, knees and ankles. An athlete may utilize many body positions for unique training benefits supported or resisted by the water.

[Check out our NEW Cycling DVD055](#)

