

What Do I Get Out of Your Water Exercise Class?



Before class a young lady asked, “What do I get out of your class?” I looked down at my outline for that day’s class and said:

- You’ll run for aerobic endurance
- You’ll do the Ali shuffle for aerobic strength
- You’ll do chest flys, back flys, lat pulldowns, biceps curls and triceps extensions for muscular strength
- You’ll do skateboards, reverse skateboards and box for muscular endurance
- You’ll do split squat jumps and cone jumps for power
- You’ll golf swing for upper/lower body coordination
- You’ll jump ski for agility
- You’ll use single leg support for balance

- You’ll work from a sidelying position for core strength
- I’ll check every position on every exercise to insure that you are constantly working on postural stability
- You’ll stretch for flexibility
- You’ll run, jump or ski in any direction you wish for fun and we’ll play some great music for no reason except to entertain you

In our next class we’ll do some different things, but we’ll have

the exact same goals i.e. Aerobic strength and endurance; muscular strength and endurance; power, coordination, agility, balance, core strength, stability, flexibility and fun – do you put all of this in your programs?

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