



## HOW TO CREATE A FOLLOW ALONG WORKOUT FOR THE AGING WELL WORKOUT APP

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**Program Type:** Land or Water Follow Along Workout Program.  
Filmed Indoors or outdoors.

**Please submit a 10 minutes video (entry submission) and when approved you will submit 30 minutes video full workout to earn your prize (free membership).**

**Program Categories:** 10-minute workouts, Cardio Training, Stretching, Strengthening, Mind Body

\* \*\*Note: Our market is not cross fit style or insanity training rather "total body programs for all" or home follow along programs that are safe, effective, enjoyable and easy to follow.

**Equipment:** Most will not have much equipment; however, since WaterART does sell equipment - try to use what we sell or people can afford to buy.

\*\*Sample Land Equipment: yoga mat, fit band, tubing with handles, step (for land and water), free weights, fit ball, chair, or home items

\*\*Sample Water Equipment: super noodle, super duper noodle, pilates noodle, intermediate noodle, step (for land and water), happy hand weights, flex paddles, mitts, step, tubing with handles, splash balls, dumbbells (advanced equipment)

### Follow Along Workout Video Check List:

- Follow along videos do not require participants in the video. Please focus on the instructor teaching only.
- Introduction Includes: Instructor name and basic introduction (where you are from + your claim to fame) and how this program will help the participant
- Instructor is visible and audible on the video in full body view – including face, hands, legs and able to be heard (avoid settings where the noise is annoying like construction or traffic)
- Instructor is dressed appropriately in athletic wear, if possible, in WaterART clothing
- Use of Music is optional - Music should be of lower volume than your verbal directions. We do want to hear your directions  
\*\*Note: Due to copyright restrictions, you cannot use regular music or CDs or Apple music etc. WaterART does have a library of paid royalty music available by email request.
- Video Program should include: Warm up, Cardiovascular set, Strength Training sets + Cool/Warm Down.
- Suggested Repetitions:

**\*\* Water Workouts:** 3-5 sets of 8-25 repetitions for each muscular strength exercise without equipment or 1-2 sets of 8-25 repetitions with equipment

**\*\* Land Workouts:** 1-2 sets of 10-15 repetitions for each muscular strength exercise without equipment or 1-2 sets of 10-15 repetitions for each muscular strength exercise with equipment

- Workout is planned and taught safely – proper intensity, training for functional fitness, check intensity throughout.
- Workout movement is demonstrated with proper posture and gesture
- Instructor provides appropriate and knowledgeable basic instructions, coaching tips throughout the video while keeping the workout inspirational and motivating

**\*\*Note:** Always tell people to move at their personal best level of intensity and have them check on their own intensity (talk test, Rate of perceived exertion) throughout the program

- Take charge of your program. Teach with confidence to command the class in a positive and energetic way.
- State the purpose of the exercise or target area (what you are training), to provide participants with your workout plan and success to meet the exercise goal.

### **TIPS FOR PLANNING A GREAT WORKOUT**

1. Emphasize and show modifications especially for more limited clientele (senior, arthritis, knee and hip issues or new comers to a programs.
2. For Water programs - be sure to demonstrate correct water speed and suggest that people move faster or slower depending on their exercise goal(s) without sacrificing range of motion (ROM).
3. Teach proper breathing either exercise breathing or diaphragmatic breathing (depending on the workout)
4. Think of all the ways to add intensity or decrease intensity: in water: working positions, travel, lever length, force, power, speed. On land: equipment, sets, reps, recovery time etc.
5. Add a posture or body check posture throughout workout
6. In the warm up, provide **variety of basic movements** (i.e., different lever length with a variety of movement planes) and change of direction to get the large muscles moving, actively prepare the muscles and raise the heart rate gradually for the upcoming workout. Assume the warm up is a lesser intensity than the workout.
7. Always identify what you are training realizing speed does not always train posture and balance (may simply works momentum),

8. **Avoid counting repetitions for exercises.** Not only is this boring and repetitive but this does not allow for self-paced exercise. Allow everyone to perform as many repetitions as able. Know how long is sufficient and adding a count "for emphasis" may be allowed. Take the time necessary to allow the client to follow and "get" the exercise properly and add a tip as the movement is visually demonstrated.
9. We know 30 minutes may be a short workout. However, this is the "average" level most people can follow along and we know the exerciser can't train everything in one workout.
10. Add some fun and function. Our goal is to keep people moving and independent for life.
11. There are no hard and fast rules for helping people enjoy the exercise except making sure that they exercise regularly.

### **SUBMISSION INSTRUCTIONS**

- ✓ Videos should be in MP4 format (file size no more than 1500 MB)
- ✓ We can email you a link to upload to our google docs account or provide us with a link to your google document/ video file
  - \*\*If instructions on how to upload your video is required, please email us at [info@waterart.org](mailto:info@waterart.org)
- ✓ Realize videoing DOES NOT have to be "professional" filming quality - however, review the checklist above prior to submitting. Can you see yourself? Can you hear yourself, is the audio too low or too loud? Can you follow your workout?

All email requests to google file sharing should be sent to WaterART Fitness via our general email: [info@waterart.org](mailto:info@waterart.org)

Good luck and we thank you in advance for sharing your workout expertise and helping to keep people moving.