



WaterART has two Apps for video streaming

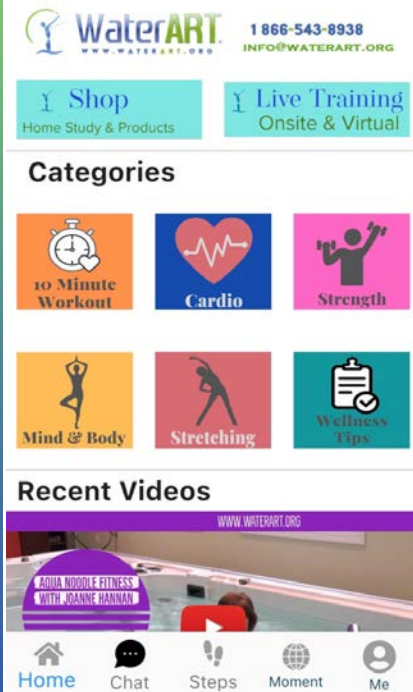
Available on smart devices via App Store (for iPhones/Ipads) or Google Play (for Androids)

- 1) **WaterART Fitness Educational App** 281 video streaming Library with 100+ video fit tip videos
- 2) **Aging Well Workout App** a follow along land & water fitness workouts -members receive unlimited viewing privileges.

WaterART also utilizes Vimeo Video platform for live training for recorded video showcases and facilitating live training. Vimeo live viewing options (like zoom) and recorded showcase options (like YouTube) so you gain the best of both worlds. Candidates only require a camera and internet. To access, you simply click links - so no downloading is necessary. Candidates receive another link for a recorded showcase after the event for unlimited viewing and reviewing (workshops candidates receive three months and new certifications candidates receive 6 months unlimited viewing privileges.

Three ways of viewing Videos:

- 1) WaterART Fitness Educational App (views smart devices phones & tablets/ipads)
- 2) Vimeo Video Streaming views on any device and computers
- 3) DVD (only available for DVD001-DVD116)



Types of videos: Workout (follow a long programs), Educational (exercise inventory), Tutorial (video power point theory presentations).

Land program in green ink. **H2O programs** in blue ink and **Tutorials** in black ink.

All educational programs, videos and DVDs are for personal use only.

Each video part offers quizzes for at least 2.0 hours / program of continuing education credits (CECs).Some tutorials (theory lectures).

Only Certified WaterART Master Trainers may teach from our resources.

WaterART Video Library

<https://www.waterart.org/product-category/video-library/>

- DVD001 - The "ART" of Exercise Science (Ed)
- DVD002 - Aquatic Fitness Muscles (WO)
- DVD003 - Beginner Muscles with Noodles (WO)
- DVD004 - Intermediate Muscles with Noodles (WO)
- DVD005 - Advanced Muscles Program (WO)
- DVD006 - Shallow H2O Workout (WO)
- DVD007 - Deep H2O Workout (WO)
- DVD008 - Advanced Deep H2O (WO)
- DVD009 - Seniors' "Fun"ctional Fitness (Ed)
- DVD010 - Common Movement Disorders Shallow H2O (Ed)
- DVD011 - Arthritis Shallow H2O Exercise (Ed)
- DVD012 - Land Arthritis Chair Exercise Program (WO)
- DVD013 - Land Arthritis Light Low Impact & Sculpt (WO)
- DVD014 - Mindful Tai Chi Program (Ed)
- DVD015 - Water Walking Program (Ed)
- DVD016 - Yoga Instructor Program (WO)
- DVD017 - Personal Trainer Assessments Program (Ed)
- DVD018 - Foam Weights Shallow & Deep H2O (WO)
- DVD019 - Posture Analysis & Exercise Inventory (Ed)
- DVD020 - Equipment Analysis + Advanced Exercise Inventory (Ed)
- DVD021 - Finning: The Ultimate Butt Burner Workout (Ed)
- DVD022 - Pre and Post Natal Water Fitness Instructor (Ed)
- DVD023 - TaeKwonAQUA™ (Ed)
- DVD024 - Kidz! Fitness Instructor Program (Ed)
- DVD025 - Use Your Noodle (WO)
- DVD026 - CMD: Land Chair Exercise Home Program (WO)
- DVD027 - CMD: Land Posture and Balance Program (WO)
- DVD028 - CMD: Land Flexibility Program (WO)
- DVD029 - What Is WaterART? (promo)
- DVD030 - Sports Conditioning Workout
- DVD031 - Beginner Shallow H2O Workout
- DVD032 - Having A Ball (WO)
- DVD033 - WaterART Promotional Video (promo)
- DVD034 - Shallow H2O Noodles (Ed)
- DVD035 - Deep H2O Noodles (Ed)
- DVD036 - Arthritis Noodle Program (Ed)
- DVD037 - Step Splash (Ed)
- DVD038 - Cardio Combos (Ed)

DVD039 - Awesome Abdominals (Ed)
DVD040 - Resistive Paddle Program (Ed)
DVD041 - Aquatic Fit Band Workout (Ed)
DVD042 - Advanced Buoyancy Cuff Workout (Ed)
DVD043 - Aquatic Rehabilitation for Lower Extremities
DVD044 - Aquatic Rehabilitation for the Spine (Ed)
DVD045 - Aquatic Rehabilitation for Upper Extremities
DVD046 - Theory of Rehabilitation: 3 Parts (Ed)
DVD047 - WaterART Pilates & Dance (Ed)
DVD048 - Land Fit Stretch & Back Program (WO)
DVD049 - Land Fit Band Program (WO)
DVD050 - TaeKwonRobics™ (WO)
DVD051 - Movin' on Up: 1-2-3 Land Step Training (WO)
DVD052 - Managing a Healthy Weight (Ed)
DVD053 - Personal Water Safety & Elementary Rescues (Ed)
DVD054 - Boxers & Kickers Workout (WO)
DVD055 - Aquatic Cycling Workout (WO)
DVD056 - Deep H2O Running Workout (WO)
DVD057 - Parent & Tot Program (WO)
DVD058 - Salsa the Aquatic Way! (WO)
DVD059 - Fun with Function Shallow H2O (WO)
DVD060 - Advanced Dumbbells & Shoulder Impingement (WO)
DVD061 - Programming for Common Hip Problems (WO)
DVD062 - Programming for Common Knee Problems (WO)
DVD063 - Programming for Common Back Problems (WO)
DVD064 - Shallow & Deep H2O Fitness: Teaching a Combo Class (WO)
DVD065 - Mindful Movement: Tai Chi, Yoga & Pilates (WO)
DVD066 - TriAQUAfun: Jog, Cycle, and Fin (Ed)
DVD067 - Shallow H2O Boot Camp: Tubing with Handles (WO)
DVD068 - Teamwork! Partners & Group Games (WO)
DVD069 - Land Gentle Senior Program (WO)
DVD070 - Land Combo Fitness (WO)
DVD071 - Shape Up and Water Train: 2 Parts (Ed)
DVD072 - Shallow H2O Splash Workout: 2 Parts (Ed)
DVD073 - Urban Yoga Program: 2 Parts (Ed)
DVD074 - Senior Land Fitness: 2 Parts (Ed)
DVD075 - Parent & Toddler Shallow (WO)
DVD076 - Barbara's Story (membership)
DVD077 - Advanced Noodle Challenge (WO)
DVD078 - Entry Level Program for Non-Swimmers: 2 Parts (Ed)
DVD079 - Move Your Way to Health with Walking: 2 Parts (Ed)
DVD080 - Instructor H2O Tutorial & Review: 4 Parts (Ed)
Part 1 Tutorial and Basic Exercise Design
Part 2 Tutorial of Muscles
Part 3 Review of Equipment, Basic Moves & Working Positions
Part 4 Review of Safe Deck Teaching

DVD081 - Senior Mind Body Instructor Program (WO)
DVD082 - Senior Shallow H2O Cycling (WO)
DVD083 - Aquatic Running High Intensity Interval Training (WO)
DVD084 - Happy Face Hand Weights (WO)
DVD085 - Aquatic Fitness Stepping (WO)
DVD086 - Aquatic Personal Training Program Design Tutorials: 2 Parts
Part 1 Mariannes Program Card
Part 2 Personal Training Marianne
DVD087 - Program Personal Training Assessments Tutorial
DVD088 - Aquatic Personal Training Tutorials: 2 Parts
Part 1 Science of Exercise Design for Personal Training
Part 2 Progressive Muscle Work
DVD089 - Arthritis Aquatic Instructor Tutorials: 2 Parts (Ed & WO)
Part 1 - Overview of Types of Arthritis
Part 2 - H2O Program Design-ROM, Muscles
DVD090 - Arthritis Mobility & Range of Movement : 2 Parts
Part 1 Gentle Arthritis Program
Part 2 Learning Joint Action and Range of Motion
DVD091 - Rehabilitation for General Populations: Tutorials & Case Studies:6 Parts
Part 1 Tutorial Intro To Post Rehabilitation Instructor
Part 2 Tutorial Intro To Anatomy
Part 3 Beginner Mobility Program
Part 4 Shallow H2O Exercise for those new to exercise
Part 5 Unloaded H2O Exercise for those new to exercise
Part 6 Tutorial of Equipment Toolbox
DVD092 - Julie's Favorite Exercises
DVD093 - Buoyancy Pants: Keep You Afloat
DVD094 - Aquatic Stretching for Runner's (WO)
DVD095 - Part 1- Aquatic Noodle Boot Camp:Warm Up and Conditioning Sets
Part 2- Aquatic Noodle Boot Camp:Conditioning Sets & Warm Down
DVD096 - Know Your Muscles: Difference Between Land & Water (Ed)
DVD097 - Julie's Favorite Fit Tips
DVD098 - Know Your Aquatic Muscles Tutorial
DVD099 - Shallow H2O Favorite Fit Tips #2
DVD100 - The WaterART System of Exercise Design & Lesson Planning Tutorial
DVD101 - Gentle Senior Sit-and-Stand Chair Exercise Program
DVD102 - Learning Range of Motion in Mobility for Seniors Tutorial
DVD103 - Learn Your Muscles for Senior Land Fitness Tutorial
DVD104 - Basic Sit-and-Stand with Mind Body Movement (WO)
DVD105 - Fit Tips for Designing a Sit-and-Stand Chair Program
DVD106-Gentle Senior Sit-and-Stand Chair Program: Fit Bands (WO)
DVD107-Gentle Senior Sit-and-Stand Chair Program: Golf Tubes (WO)
DVD108-Seated Chair Exercise Program: Tubing (WO)
DVD109-Gentle Senior Sit-and-Stand Chair Exercises: No Equipment(WO)
DVD110-Gentle Senior Fun in the Sun Sit-and-Stand Chair Program (WO)
DVD111-Gentle Senior H2O Fitness Workout (WO)

DVD112-Senior H2O Fitness Tutorials (2 parts)
Part 1 Tutorial Overview of Aging Well
Part 2 Tutorial Senior Functional Fitness
DVD113-Senior Muscles Theory
DVD114-Hydro Grip Blades Exercise Program (WO)
DVD115-H2O Boot Camp Tutorial
DVD116-Yoga Chair Program
V117-Intro to Land Personal Training
V118-Standing Workout Tubing with Handles with Julie
V119-Health Screening for Personal Training Tutorial
V120 Functional Fitness Toolbox
V121-Upper Body & Core Inventory Toolbox
V122-Lower Body Inventory Toolbox
V123-Stay Functional and Motivated with Janet Rollero
V124-Coaching and Programming for Personal Training on Land Tutorial
V125-Case Study Tips when Training Your Client with Janet Rollero
V126-Personal Trainer Case Study with Sharon McDonnell
V127-Special Needs Training Opportunities with Janet Rollero
V128-Know Your Muscles Tutorial as a Land Personal Trainer with Julie Twynham
V129-Dynamic and Static Stretching with Pam Genge
V130- The Business of Personal Training with Sharon McDonnell
V131-Sharon's Case Study Program Card with Sharon McDonnell
V132-Personal Training Program Card with Rikki Gross
V133-Covid Safety for Land Fitness Leaders with Julie Twynham
V134-Intro to Sit and Stand Senior Land Fitness Tutorial with Julie Twynham
V135-Seated Chair Program with Drusilla Leitch
V136-Fit Band Chair Exercise Program with Sharon McDonnell
V137-Tai Chi Sit and Stand Program with Drusilla Leitch
V138-Review of Safety Considerations for Sit and Stand Programs with Pam Genge
V139-Sit and Stand Program with Free Weights and Fit Bands with Julie Twynham
V140-Qigong Program 1 with Judy Conley
V141-Practical Assessment Intro for Sit and Stand with Joanne Hannan (2 parts)
V142-Sit and Chair Stretching with Pam Genge
V143-Standing Posture Balance & Core Stability with Julie Twynham
V144-Tubing with Handles Chair Exercise Program with Sharon McDonnell
V145-Practical Theory for Senior Land Fitness
V146-Gentle Arthritis Exercise Program with Julie Twynham
V147 Seated Fit Band with Julie Twynham
V148-Standing Tai Chi with Julie Twynham
V149-Standing Program with Jane Pomponio
V150-Chair Yoga with Jennifer Green
V151-Light & Lively Standing Cardio (WO) with Julie Twynham
V152-Light & Lively Cardio (WO) with Julie Twynham
V153-Seated Posture with Gentle Mobility & Breathing Exercises Julie Twynham
V154-Qigong Program 3 with Judy conley
V155-Qigong Program 2 with Judy Conley
V156-Senior Land Functional Group Exercise Ideas w/lt Julie Twynham
V157-Gentle Tai Chi and Mindful Movement Program with Julie Twynham
V158-Land Senior Functional Fitness Inventory Review
V159-How To Stay in Balance with Claire Prudomme Whetstone
V160-Intro to Aquatic Rehab for General Populations with Leigh de Groot
V161-Shoulder Theory & Equipment Review with Leigh de Groot
V162-Practical Review option & Deep H2O Body Positions with Drusilla
V163- Spinal Relief and Understanding Flexion and Extension with Julie Twynham
V164-Pool Demonstration for Aquatic Rehabilitation with Leigh de Groot D.P.T
V165-Orientation and Pool Demonstration for Aquatic Rehabilitation with Drusilla Leitch
V166-Ankle Rehab & Review of Case Study with Leigh de Groot PT
V167-Mind Body H2O Instructor Tutorial with Julie Twynham
V168-Shallow H2O Tai Chi Shallow H2O Class with Drusilla Leitch
V169-Mind Body Shallow H2O Class with Julie Twynham
V170-Yoga H2O Tutorial with Julie
V016-Yoga Shallow H2O Fitness Class with Judy Conley
V171-Mindful H2O Pilates Tutorial with Julie Twynham
V172-Mindful Pilates Class with Julie Twynham
V173-Putting a Mind Body Class Together Tutorial with Julie Twynham
V174-Co-exist with Covid-19 Presentation with Julie Twynham
V175-Back to Basics with Adriana Affinito
V176-Shallow H2o Basic Moves with Julie Twynham
V177-WaterART Acronym with Jane Pomponio
V178-WaterART Shallow H2O Working Positions with Julie Twynham
V179-Shallow H2O Class on the Spot Class with Julie Twynham
V180-Importance of Proper Warm Up's with Drusilla Leitch
V181-Cardio Combinations shallow with Julie Twynham
V182-Muscle Up Teaching without equipment with Amanda Sommers
V183-Practical Assessment Tips with Jane Pomponio
V184-Into the Deep H2O Tutorial with Julie Twynham
V185-Deep Moves & WaterART Fitness Acronym with Adriana Affinito
V186-Review Different Deep H2O Belts & Body Positions with Julie Twynham
V187-Targeting your Muscles in Deep H2O with Adriana Affinito
V188-Deep H2O Training with Buoyancy Belt featuring Terri Lees
V189-Deep Lesson Planning Tutorial with Julie Twynham
V190-Combo Shallow & Deep Decking with Adriana Affinito
V191-Deep H2O Class Management & Equipment Overload Tutorial with Julie Twynham
V192-Types of Noodles & Noodle Positions with Julie Twynham
V193-Deep Noodles with Julie Twynham
V194-Advanced Noodles with Julie Twynham
V195-Safe Deck Teaching with Julie Twynham
V196-Intro to Senior H2O Instructor Tutorial with Julie Twynham
V197-Senior Moves and Working Positions with Julie Twynham
V198-Senior H2O Functional Moves (Part 1) with Julie Twynham
V199-Senior H2O Functional Moves (Part 2) with Julie Twynham
V200-Hints for Senior Class Satisfaction with Adriana Affinito

V201-Programming for Common Shoulder Problems with Julie Twynham
V202-In the Pool Exercise for Common Shoulder & Neck Issues with Joanne
V203- Dynamic Posture Training with H2O Scapular Retraction with Julie Twynham
V204-Off the Wall benefits Function with Janet Rollero
V205-Excellence & Tips for the Instructor with Sharon McDonnell
V206-Basic Moves in Shallow H2O with Julie Twynham
V207-Shallow H2O Program Planning with Julie Twynham
V208-Shallow H2O Muscle Up with Equipment Review Julie Twynham
V209-Self Assessment Chat with Anita Beauchamp and Julie Twynham
V210-Shallow H2O Class Program Jane Pomponio
V211-Shallow & Deep H2O Review Tutorial
V212-Seniour Shallow & Deep Water workout program with Joanne Hannan
V213-Fit Ball-Tubing with Handles Fit Band with Julie Twynham
V214-Step Training for Functional Training with Julie Twynham
V215-Pilates and Stretch with Julie Twynham
V216- Be innovative: Strengthening with Pumpkin with Julie Twynham
V217-Reviewing Range of Motion and How Applies to Land Senior Programming
V218-Planning a Sit and Stand Program with Janet Rollero
V219-What is Sit & Stand Chair Program with Julie Twynham
V220-Sit and Stand Golf Tube Program with Sharon McDonnell
V221-Sit and Stand Arthritis Program with Joanne Hannan
V222-Cervical and Lumbar Spine Aquatic Rehab Tutorial with Dr Leigh de Groot
V223-Aging Well H2O Tutorial with Joanne Hannan
V224-Aging Well Land Tutorial with Joanne Hannan
V225-Senior Fitness & Arthritis Water Workout with Julie Twynham
V226-Off the Wall is Optimal for Functional Training with Janet Rollero
V227-Intro to H2O Arthritis Tutorial with Julie Twynham
V228-Fun with Balls, Happy Hand Weights Arthritis Workout with Julie Twynham
V229-Self Care though Mindfulness with Jennifer Green Blair
V230-Intro to Shallow & Deep H2O Programming -Co-exist with Covid 19
V231-Muscles on Land with Julie Twynham (part 1)
V232-Muscles on Land with Julie Twynham (part 2)
V233-Arthritis Shallow H2O Program with Joanne Hannan
V234-Adding Fun and Functional Fitness to Water Workouts with Julie Twynham
V235-Senior Shallow & Deep Water Workout Lesson Planning with Joanne Hannan
V236-Outdoor Meditation with Jennifer Green Blair
V237-Basic Conditioning Workout with Jane Pomponio
V238-Basic Step Workout with Jane Pomponio
V239-Walking Workout with Julie Twynham
V240-Neck and Shoulder Exercising with Rikki Gross
V241-Seated or Standing Gentle Qigong program in Maui with Judy Conley
V242-Muscle Up with Janet Rollero
V243-Posture & Balance with Janet Rollero
V244-Tips about Mind Body with Janet Rollero
V245-Group Exercise Fitness Workout with Sharon McDonnell
V246-Self Care with Dr Leigh de Groot part 1
V247-Self Care with Dr Leigh de Groot part 2
V248- Know Your Muscles for Senior Land Fitness with Julie Twynham
V249-Senior Land Fitness Inventory for muscle work with Joanne Hannan
V250-Senior Land Fitness Workout
V251-Shallow & Deep H2O Class with Julie Twynham
V252-Intro to Shallow & Deep H2O class with Julie Twynham
V253-Virtual Mind Body-PP Presentation with Julie Twynham
V254-Mind Body Lesson Planning & End Session with Julie Twynham
V255-Master Trainer Presentation with Julie Twynham
V256-Rehab of Knees with Dr Leigh de Groot
V257-Rehab of Hips with Dr Leigh de Groot
V258-Rehab of Spine with Dr Leigh de Groot
V259-Activation for Functional Well Being with Rikki Gross
V260-Activation Workout Sample with Rikki and Sue
V261-Visual Communications for Leaders with Rikki Gross
V262-Shallow & Deep H2O Combo Class with Julie Twynham
V263-Shallow & Deep H2O Combo Class with Adrianna Affinito
V264-Advanced Cardio with Fins with Julie Twynham
V265-Properties of Water with Drusilla Leitch
V266-Rehab in Water (Posture,hand 7 Feet) with Rikki Gross
V267-Take your Water Walking to the Land Dr Lucia Getsi
V268-Properties of Water with Anita Beauchamp
V269-Mind Body Tips for Wellness with Jennifer Green-Blair
V270-Shallow H2O Basics (without Noodle) with Julie Twynham
V271-Aquatic Post Rehabilitation for Knee Problems
V272-Small Group Training Post Rehab with Inez Cann
V273-Ideas of Progressing a Small Group Training Program with Julie Twynham
V274-Program Planning and Case Study Review with Claire Whetstone MT
V275-Sitting too Much with Dr. Leigh de Groot
V276-Common Shoulder Issues with with Dr. Leigh de Groot
V277-10 Trends in Fitness Industry with Julie Twynham
V278-Athletic Therapy & Weekend Warrior Water Exercise with Anita Beauchamps
V279-Let's Review the Hip Joint with Dr. Leigh de Groot
V280-Pelvic Floor Exercises with Dr. Leigh de Groot
V281-Overview of Common issues of the Spine with Suggested Exercise with Dr. Leigh de Groot
V282 - Senior Fitness Seated with Yasmin Visram

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