

Aqua Gymsticks

Introduction

Resistive bands have been used in health clubs, therapy, chiropractic, and physician clinics throughout the world. This rapid rise in tubing popularity may be because of its simplicity and a current trend in the health and fitness market.

If you travel a lot or just looking for a lightweight, inexpensive method to exercise then tubing is for you.

Many special populations such as cardiac, chronic pain, geriatric, neuralgic, orthopedic, pediatric, prenatal, post partum, sports medicine, and world class athletes use tubing in a variety of ways to stimulate sport specific exercises, activities of daily living and work related strengthening positions.

Gymstick is the latest stretch cord exercise tool to hit our market. It is a combination of Body bar (exercise bar) and elastics, which offers a dynamic muscle-conditioning workout both aerobically and strength.

What is Aqua Gymstick?

Gymstick Aqua is a fitness tool that combines exercise band and water resistance exercise into one effective workout. Until now it has not been possible to train with any equipment above the water surface – with Aqua Gymstick it is possible! Gymstick Aqua is an innovative fitness tool that combines stick- and resistance band exercise into one effective workout. Aqua Gymstick is available in five different resistance levels as Gymstick Original, depending on your fitness level or group you are instructing. The resistance varies from 1–35 kilos according to the resistance level and whether you roll the bands around the stick or not.

Gymstick Aqua - Light/Green

GYMSTICK light has been designed for rehabilitation workouts and exercise for the elderly. The resistance of green exercise bands ranges from **1 to 10 kg**.

Gymstick Aqua - Medium/Blue

GYMSTICK medium has been designed for junior athletes and women who want to start exercising. The resistance of blue exercise bands ranges from **1 to 15 kg**.

Gymstick Aqua - Strong/Black

GYMSTICK strong has been designed for fit women, men who want to start exercising, and athletes. The resistance of black exercise bands ranges from **1 to 20 kg**.

Gymstick Aqua - Extra strong/Silver

GYMSTICK extra strong has been designed for extremely fit men and athletes. The resistance of grey exercise bands ranges from **1 to 25 kg**.

GYMSTICK Aqua - Super strong/Gold

GYMSTICK super strong has been designed for athletes. The resistance of gold exercise bands ranges from **1 to 30 kg**.

Gymstick Aqua Safety & Maintenance

Gymstick Aqua is designed for training in water. Before the first use take the tool out from the bag and remove the plastic wrap. Set the adjustable fabric loops into your feet when you are in the pool or by the pool and you are ready to start training with Gymstick Aqua.

After use rinse the tool with clean water and leave it to upside position to let the water from inside the bar to flow out. Let the tool dry in a place where it is not exposed to intense heat or sunlight. As soon as all the fabric parts and the soft foam grip are completely dry put the tool into the carry bag or any other bag made of similar material.

When doing the movements begin so that the exercise bands are straight but not stretched. You can increase the resistance by rolling the exercise bands around the stick. To decrease the resistances just release the bands loose from around the stick. You can roll the exercise bands up to the foam grip but NB! Not over the foam grip! Do not stretch the bands over four times their original length when exercising.

Teaching Points

1. Basic start position feet shoulder width apart, knees soft, hips neutral, activate core muscles, shoulders relaxed, eyes on the horizon.
2. Make sure loops are attached to the stick properly and place the other loops in the arch of your feet, when told so.
3. Avoid holding the Gymstick too tightly.
4. To increase resistance stand feet slightly wider while rolling the bar clockwise so the elastic rolls on neatly and not going onto the foam as this damages the foam.
5. Keep resistance on the bands so as to prevent the loops from coming off your feet.
6. Begin with low resistance Green.
7. Start by strengthening weaker muscles so as to assist in stabilizing and increasing flexibility.
8. Perform active exercises with the larger muscle groups.
9. Use full range of muscle motion.
10. Choose a starting position that is suitable for the level of strength, control, fitness and experience of group. The starting positions should teach the body control, balance and control over the midsection without undue strength.
11. Select correct tempo for each exercise.
12. It is a good idea to alternate upper body and lower body exercises while remembering to release the shoulder girdle from time to time so that stress in the shoulders is reduced.
13. When selecting exercises be aware of how the Gymstick is working. Is it resisting or assisting the movement?

Class Format

The best way of experiencing the training is to do a practical class. When doing the practical class cover all the aspects that have been covered above. Class should be set up in normal class format covering:

- **Pre class instruction** – Introduce yourself to the participants, inquire if there is anyone that is new, talk to them. Find out if there is any medical conditions and establish if there are any pregnancies. Encourage the new participants about water work and try to get them to position themselves directly in front of where you are standing so as to watch all their moves.
- **Warm up** – Because of the buoyancy and support of the water, slow jogging can be done immediately without the risk of jarring and injuring cold muscles, tendons or ligaments. Apply more force slowly. The colder the water the more vigorous the warm up to increase the core temperature of the body.
- **Cardio Vascular** – Aerobic exercise means ‘exercise with oxygen’, involving movements in air or cold water. Exercising in water is very different than from working on land with the multi directional resistance. Therefore movement in water is slower and more difficult than on land.
When working in water the whole body should create resistance using the arms and legs. The arms assist with balance and speed, the trunk is a stabilizer and the legs resist the water. The lower body’s larger muscles create most of the energy used during a workout; therefore leg movements should be maximized. Speeding up a movement or using the movement to travel creates more drag and therefore more resistance is created. When travelling through water the upper body always assists, with a full range of motion.
- **Conditioning & strengthening** – Ensure that all the major muscle groups are used during this phase. Maintain proper alignment throughout. Emphasize neutral spine and the function of the trunk stabilizers. Decrease the speed and increase the repetitions to provide sufficient overload. Progress from easier to more difficult exercises.
- **Cool down & flexibility** – cool down and stretching helps to release stress and reinforce the importance of good posture and body alignment. Always stretch out the major muscle groups

Gymstick Aqua offers the following features

Advantages

- They demand greater muscle synergy because they must be stabilized individually which is great for joint stability.
- Bilateral strength imbalances are minimized.
- Effective range of motion is greater:

- Muscles can be worked in multiple angles and is not restricted to the planes of gravity when working with dumb-bells and machine. World-class athletes use tubing in a variety of ways to stimulate sport specific exercises, activities of daily living and work related strengthening positions.

Disadvantages

- Cannot be used for muscle building, i.e. Hypertrophy training.
- As the tubing is stretched, the resistance gets greater; thus, the greatest resistance is at the point of an exercise when the tubing is at its most stretched point. This may not be the target muscle's greatest point of strength nor the most efficient biomechanical position and there is a lack of tension during the initial stages of the movement.
- There is no method for gauging exactly the resistance level of an exercise. Generally, there are two methods for the evaluation of the intensity of the exercise with elastic bands: one is based on the perception of the effort that can be obtained by monitoring cardiac frequency, the other from the number of repetitions executed before reaching muscular fatigue.

From Virgin Active Aqua Gymstick Manual

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