

# FAST AND FURIOUS

## Tino Do Pinheiro

### Introduction

1. Namaste! [My inner peace meets and salutes your inner light]
2. Tino's background
3. **FITNESS IS FUN: MAIN PURPOSE.**
4. Where the class comes from.

### Theory:

This class was designed to suit and meet the needs of a multi level participant aqua class. You know when you have that fierce athlete and then the more sedentary lifestyle participant in the same class? This class will cater to both participants needs with great results. Those who are not fit to the super fit even those who are not very co-ordinate (men) will burn calories in a safe enviornment.No equipment is needed but can be added. The harder they move the water the more challenging the work out is.

### Who:

This workout is for **everybody**.

### What:

This is a cardio workout that in easy to teach and easy to folow.Basic aqua moves that participants know are taken and changed using drag , velocity ,inertia and acceleration so we end up with extreme cardiovascular workout.

#### a)Drag

*occurs in all directions; the force that opposes motion; an aquatic professional's biggest resource; directly related to surface area*

*An practical application of this theory in our workout will be: \_\_\_\_\_.*

#### b)Viscosity

*friction among water molecules allowing them to 'stick;' water is 12 to 15 times more viscose than air*

*An practical application of this theory in our workout will be: \_\_\_\_\_.*

#### c)Inertia

*bodies at rest remain at rest and likewise with motion; the water provides more resistance to movement than air and are therefore greater in water than on land; inertia can be used to increase or decrease intensity (e.g. walking into or away from currents)*

*An practical application of this theory in our workout will be: \_\_\_\_\_.*

#### d)Acceleration

*Applying force for a change, usually by pushing off of a hard pool surface or off of the water itself; cannot compromise range of motion*

*An practical application of this theory in our workout will be: \_\_\_\_\_.*

### When:

- When you have a 30-45 minute workout[ early morning ,lunch time ]

- A great add on to your already existing class.
- Great for interval training.
- Great add on to muscle conditioning.

**Where:**

**Pool Facility Guidelines (Arthritis Foundation)**

- A. *Water*
  - 1. *4-5 feet deep to allow submersion to the shoulders*
  - 2. *Temperature: 84-88 degrees is ideal. Greater than 90 can be dangerous.*
- B. *Air Temperature: Within 5 degrees above water temp.*
- C. *Facility*
  - 3. *Stairs or ramp with railing going into water*
  - 4. *Uncluttered deck*
- D. *Safety*
  - 5. *Flotation devices available to participants*
  - 6. *Staff to participant ratio of 1:20*
  - 7. *2 staff in pool area during classes*

**Why:**

Cardiovascular endurance and cardiorespiratory fitness along with calorie burning for weight loss.

# **AQUA RUN!!!**

|                               |   |
|-------------------------------|---|
| <b>Choreography</b>           |   |
| <b>Warm-up-</b>               | <b>-simple directional moves using jogging as your base start creating a current.</b> |
| <b>Basic skills- Forward</b>  |   |
| a)                            | <b>jog forward</b>  |
| b)                            | <b>jog forward with arms</b>  |
| c)                            | <b>moon walk</b>  |
| d)                            | <b>moon walk with arms</b>  |
| e)                            | <b>bunny hop forward</b>  |
| f)                            | <b>extended bunny hop ( dive knee tuck )</b>  |
| <b>Basic skills- Backward</b> |   |

