



Learning Objectives

- Expand your understanding and refine your teaching skills using buoyant equipment in deep water.
- Experience a variety of exercises demonstrating the safe and effective use of Hand Buoys and Noodles in deep water.

Why Use Buoyant Equipment?

- Offers options for new exercises
- Increases total training overload
- Strengthening for upper body
- Options for core training
- Buoyant support to increase stability
- Buoyant support to challenge stability
- Adds variety and fun

Hand Buoys

- Buoyancy and resistance properties
- A hand-held piece of equipment
- Primary use is for upper body strengthening
- Provides leverage for isolating trunk & core
- Challenging to make smooth transitions

Hand Buoy Concerns

- Need for auxiliary buoyancy
- Excessive overload for shoulders
- Prolonged gripping
- Wrist positions
- Muscle balance
- Appropriate cadence & tempo

Training Guidelines - 1

| | |
|---------------------------------|--|
| ■ Cue for gripping | ■ Light grip |
| | ■ Thumb position |
| | ■ Automatic releases |
| | ■ Double hand hold |
| ■ Hand/Wrist positioning | ■ Neutral |
| | ■ Supination |
| | ■ Pronation |
| ■ Maintain firm & aligned wrist | ■ Avoid repetitive flexion & extension |

Training Guidelines - 2

| | |
|--|---|
| Develop exercises for static shoulder stabilization | <ul style="list-style-type: none">• Use short levers• Watch cadence• Short bouts of exercise |
| Progress to exercises for dynamic shoulder mobilization | <ul style="list-style-type: none">• Lengthen levers• Cue direction of applied force• Vary wrist positions• Avoid 90 degree abduction |
| Promote movement efficiency | <ul style="list-style-type: none">• Teach to maximize ROM• Cue positioning and posture |

Hand Buoy Positions

- Hand Held - *bilateral*
- Hand Held - *unilateral*
- Between thighs / under knees
- Combined together

Hand Buoy Exercises

- Upper Body Strengthening
 - X-Country Ski / Push-Pull, Sweep, Press, Scoop
 - Jog / Plunge, Sweep, Press, Curl, Scoop
 - Straddle Jog / Sweep, Plunge, Press
- Posture, Core and Trunk
 - Shuffle, Cossack Kick, Instep Sweep, Sit Kick
 - Tuck, Tuck Jacks
 - Curls, Crunches, Shoot Through, V-Sit
 - Rotation - Resist

Noodles

- Buoyancy & resistance properties
- Buoyant support and hand held options
- Primary use is for posture and core strengthening
- Offers options for vertical, off-axis and horizontal positions
- Even more challenging to make smooth transitions

Noodle Positions

- Posterior Sling
- Lateral Sling
- Anterior Sling
- Swing (seated)
- Straddle
- Standing
- Hand Held

Training Guidelines - 1

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|---------------------------------|--|
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| | ■ Thumb position |
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| ■ Hand/Wrist positioning | ■ Neutral |
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| ■ Maintain firm & aligned wrist | ■ Avoid repetitive flexion & extension |

Training Guidelines - 2

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|--|---|
| Develop exercises for static shoulder stabilization | <ul style="list-style-type: none">- Use short levers- Watch cadence- Short bouts of exercise |
| Progress to exercises for dynamic shoulder mobilization | <ul style="list-style-type: none">- Lengthen levers- Cue direction of applied force- Vary wrist positions- Avoid 90 degree abduction |
| Promote movement efficiency | <ul style="list-style-type: none">- Teach to maximize ROM- Cue positioning and posture |

Noodle Exercises

- Posture, Core and Trunk - Support
 - Posterior Sling
 - Lateral Sling
 - Anterior Sling
 - Swing (seated)
 - Straddle
 - Standing
- Upper Body Strengthening - Hand Held
 - Plunge Series

Conclusion

- Increases challenge
- Enhances enjoyment
- More teaching required
- More cueing required
- Accurate demonstrations important
- Increased safety awareness is essential
