



HYDRO-FIT® IN FOCUS

Core-Centered Training

The Core in the Water

Water provides the ideal training environment for working and challenging the core. Water's buoyancy creates natural instability and water's increased density offers enhanced levels of resistance that both assist and resist movement.

The Purpose

The goal of core-centered training is to develop functional strength, dynamic balance and coordination. The desired training effect is that students are able to effectively recruit their deep-trunk muscles and learn to maintain a neutral position of the spine and pelvis while performing dynamic movement.

The Core-Centered Method

The technique illustrated in the Lunge Stance series uses a progression of three grounded exercises linked together. The first exercise works stability (in the sagittal plane); the second exercise works mobility (flexion and extension); and the third exercise works stability again, creating more challenge by adding an arm pattern (for resistance) in the horizontal plane.

HYDRO-FIT Equipment

HYDRO-FIT WAVE WEBS® are utilized to increase upper body resistance and add "loading" to recruit the core. Mini Cuffs are worn on the ankles to further challenge balance and stability with flotation assist/resist for the lower body.

LUNGE STANCE / Scoop & Press and Sweep

Core Tasks: Off-Axis Stabilization and Flexion & Extension

Note: Perform all three exercises in the series then repeat the sequence to the other side grounded on your right leg.

1 LEG LIFT – RIGHT / Power Scoop & Press

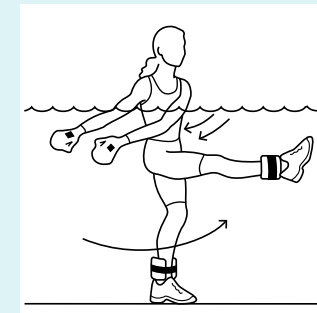
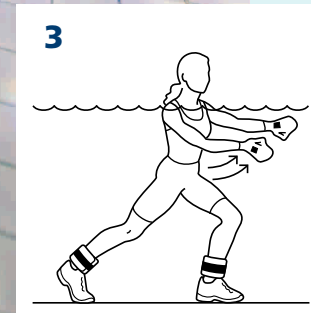
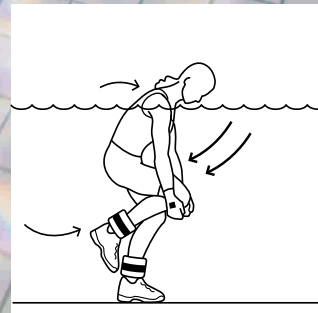
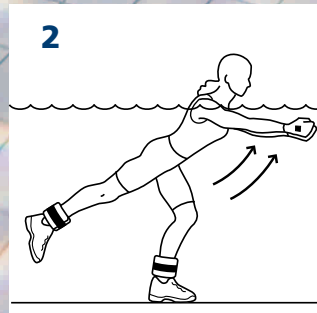
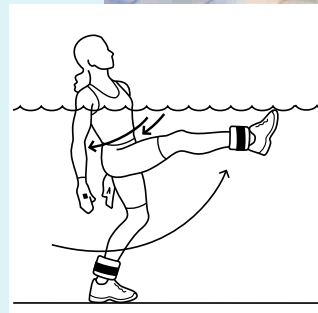
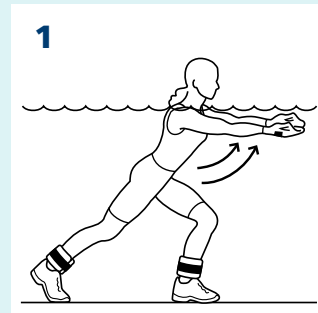
To begin, Step your RIGHT leg back into a reverse lunge position. Lean your trunk forward (create a straight line head to toe) and maintain a neutral spine. Extend your arms straight out in front, shoulder distance apart, palms facing down. Open your fingers and web your gloves.

Exercise Action: Look straight ahead, engage your abdominal muscles to brace and stabilize as you lift and swing your right leg forward and up. At the same time press your shoulders and arms down and back. Stay firmly grounded with weight on your left leg. Return to the reverse lunge position by facing your palms up, scoop your extended arms forward and up as you swing your right leg down and back. Complete 4–8 repetitions keeping your hips stable and your pelvis in neutral.

2 KNEE LIFT – RIGHT– Curl / Power Shoulder Press

Beginning in the same reverse lunge position with arms extended straight in front, lean forward and lift your RIGHT foot off the pool bottom. Fist your hands with wrists in neutral (knuckles facing each other). Maintain a neutral spine and lengthen the back of your neck.

Exercise Action: Engage your abdominal muscles and activate an abdominal curl as you pull your right knee forward and up. At the same time press your shoulders and arms down and back. Stay firmly grounded with weight on your left leg. Return to the starting position by actively extending your spine,



reaching your arms forward and up through the water as you swing your right leg down and back. Complete 4–8 repetitions keeping your hips stable and your weight on your left leg.

3 LEG LIFT – RIGHT / Power Sweep – DOUBLE Arm

Beginning in the same reverse lunge position with arms extended straight in front (right foot is back on the pool bottom). Open your fingers, web your gloves and turn both palms to face to the right.

Exercise Action: Look straight ahead, engage your abdominal muscles to brace and stabilize as you lift and swing your right leg forward and up. At the same time sweep your shoulders and arms horizontally across your body to the right. Stay firmly grounded with your weight on your left leg. Do not rotate your spine. Return to the reverse lunge position by sweeping your extended arms back to midline as you swing your right leg down and back. Complete 4–8 repetitions keeping your hips stable and your pelvis neutral.

Change the lunge position, grounding on your right leg and repeat the series to the other side.

— By Craig Stuart, President and Founder, HYDRO-FIT, Inc.



Web your workout!

HYDRO-FIT webbed gloves increase the surface area of your hands, giving you the ability to push and pull more water around your body. The more water you move, the more muscles you use and the more calories you burn. Shaped to fit like a second skin, WAVE WEB PROs can be worn comfortably throughout an entire workout. Available in four sizes: S, M, L and XL. Color varies by size.



Resistance that's hard to resist

Getting a great workout in the water is all about moving more water and creating more resistance. Mini Cuffs increase water's resistance, helping you improve muscle tone and aerobic endurance, and are ideal for use in shallow water. Mini Cuffs provide half the level of buoyancy and resistance of HYDRO-FIT Cuffs.

In deep water, Mini Cuffs provide buoyant support when fastened together as a belt. Or for a more challenging workout, wear Mini Cuffs around your ankles in addition to a buoyancy belt. Available now with our standard buckle closure (Classic Mini Cuffs), or with our durable top quality velcro-like closure (Easy-Close Mini Cuffs). One size fits most.

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