



Stability creates mobility

Stability training teaches the body to stabilize muscles in order to provide dynamic joint balance and balanced posture during functional exercise. The aim of core stability training is to effectively recruit the deep-trunk muscles and then learn to maintain a neutral position of the spine and pelvis during dynamic movements.

Stability training results in increased muscular endurance, increased joint and muscular range of motion, enhanced nervous system activity, and better balance and core function.

Stability in shallow water

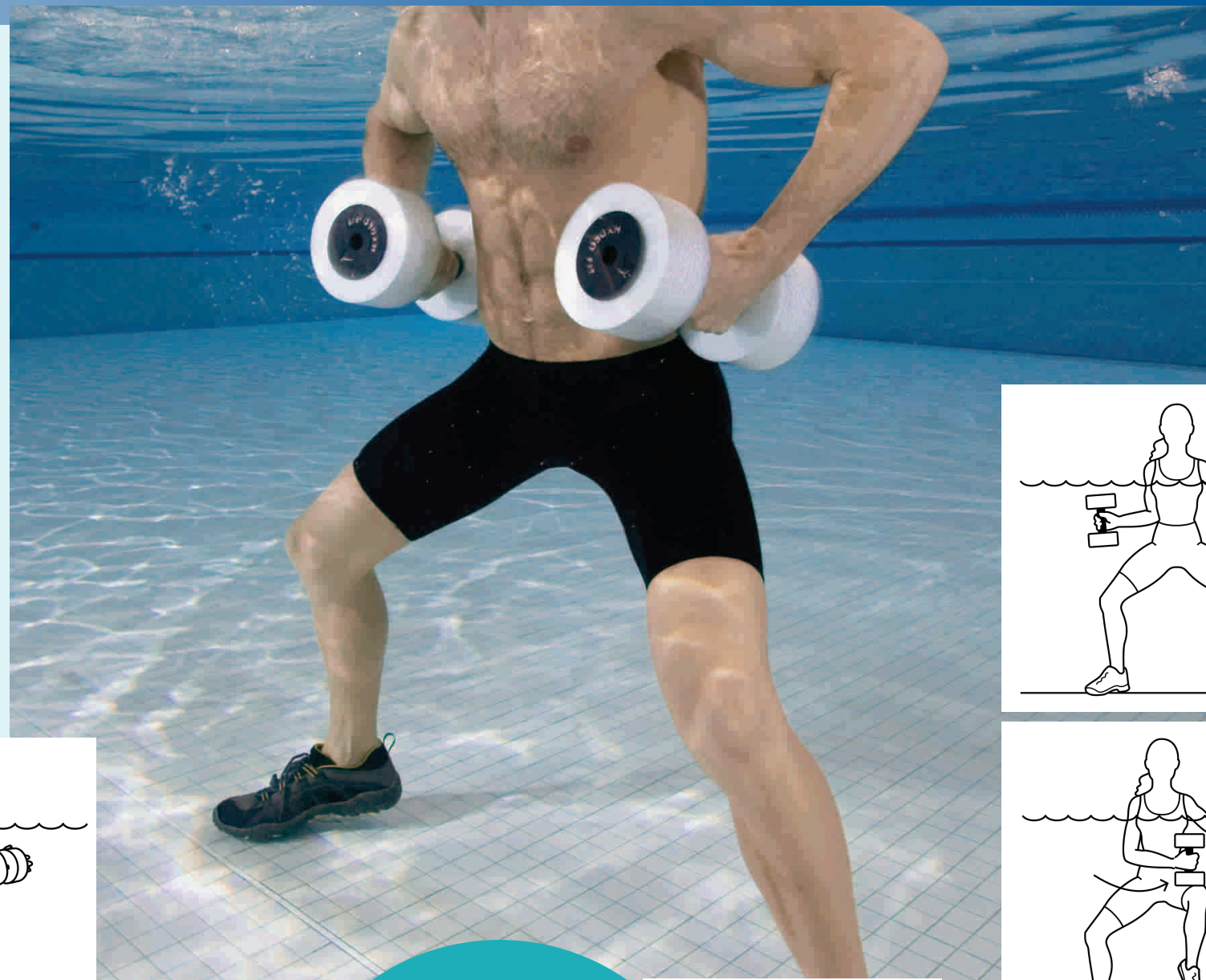
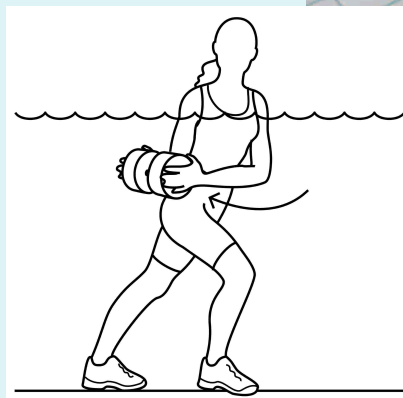
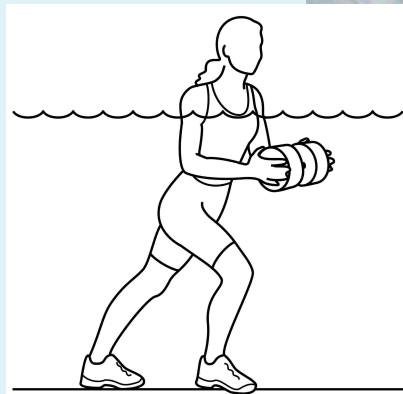
Water provides an ideal working environment for stability training. Water's buoyancy creates natural instability and water's increased density offers enhanced levels of resistance that both assist and resist movement. To create exercises that challenge stability in shallow water, use a single HYDRO-FIT Hand Buoy in combination with movements that remain "anchored down" with one or both feet firmly grounded on the bottom of the pool.

The following exercises focus on the essential abdominal tasks of rotation, and compression and bracing. The Hand Buoy acts as a tool to increase resistance, or loading, and promotes recruitment of the shoulder girdle for stabilization and mobilization.

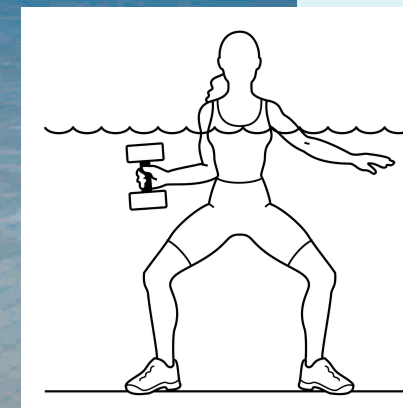
LUNGE STANCE – LEFT / Sweep Right to Center

To begin, hold a single Hand Buoy by gripping it at both ends. Step your LEFT leg back into a reverse lunge position. Submerge the Hand Buoy underwater, keeping your elbows bent at 90 degrees and your forearms held tightly against the sides of your body.

Exercise Action Look straight ahead and engage your abdominal muscles as you rotate your ribs and shoulders to the RIGHT. Return to center. Repeat the coordinated trunk rotation action staying firmly grounded with your weight equally distributed on both feet. Keep your back leg completely straight, your hips stable and your pelvis in neutral. After 8–16 repetitions, repeat the exercise with your RIGHT leg in the reverse lunge position and perform the trunk rotation action to the LEFT.



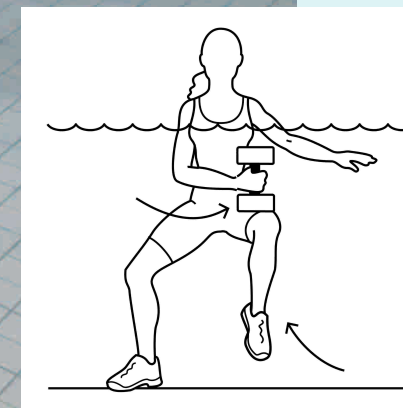
“What we want is for our students to be in alignment and move from stability as they exercise in the water. The key is that the training benefits transfer to improved function on land. My approach is to change core stability work from a horizontal position to the vertical.”



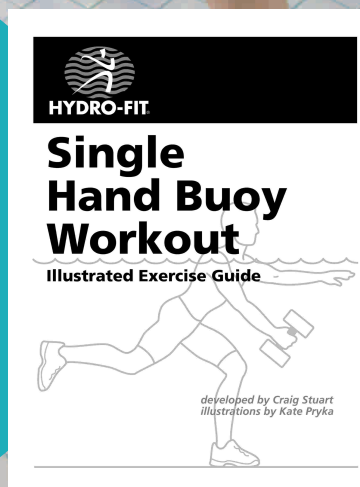
STRADDLE STANCE – KNEE SWEEP – LEFT/ Rotator Cuff Sweep – RIGHT

To begin, grip a single Hand Buoy in your RIGHT hand. Assume a straddle stance position with your hips externally rotated and your knees slightly bent. Ideally, you should be at arm pit depth in the water. Submerge the Hand Buoy underwater by drawing your forearm into your side body. Maintain a firm grip on the Hand Buoy with your wrist in neutral.

Exercise Action Look straight ahead and engage your abdominal muscles to stabilize your shoulder girdle, spine and pelvis in neutral. Without rotating your spine, internally rotate your RIGHT shoulder, sweeping the submerged Hand Buoy past the midline of your body. At the same time, bend your LEFT knee and lift it forward to 90 degree hip flexion. Return your right arm and left leg to the starting position. Repeat the coordinated arm and leg action, keep your nose in line with your sternum and your sternum in line with your belly button. After 8–16 repetitions, repeat the exercise with the Hand Buoy gripped in your LEFT hand.



SINGLE HAND BUOY WORKOUT GUIDE
Our 32-page illustrated exercise guide features creative routines for using a single HYDRO-FIT Hand Buoy for upper body conditioning.



Cueing

In the water, gravity does not provide the same feedback as on land. Additional cueing is necessary to remind students of proper postural alignment. Here are some of my favorite verbal cues to enhance body awareness for maintaining neutral alignment.

- Sink your tailbone toward the bottom of the pool
- Stay long through the sides of your body
- Pull your belly button away from your swimsuit
- Draw your shoulder blades closer to your spine
- Keep head over heart over hips over heels

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