



Web Your Workout

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

Why Web?

One of the primary benefits of aquatic exercise is the opportunity to work against increased levels of resistance for superior toning and strengthening. Water provides constant three-dimensional resistance for all movements performed with the limbs submerged. Webbed gloves enhance water's natural resistance by increasing the surface area of the hand.

360° Resistance

The use of water as an effective training tool requires manipulating fluid resistance to create work and rest. Water's 360 degree resistance increases exercise intensity and provides the opportunity to recruit more muscles, especially in the upper body. The use of webbed gloves most directly affects the upper body. With the fingers spread in the webbed position, webbed gloves engage the muscles in the hands, wrists, arms, shoulders, chest, neck and back.

Web it!

The key to optimizing strength-training benefits is to move a greater volume of water using increased levels of muscular effort. By changing the shape of the hand and position of the wrist, glove users can experience progressive levels of resistance. The four working positions (shown at right) when using webbed gloves are: 1—SLICE, 2—FIST, 3—CUP and 4—WEB. Slicing offers the least resistance and webbing provides the most.

Teaching Tips

Wear one glove while teaching so you can provide clear and accurate visual demonstrations to enhance your verbal cuing.

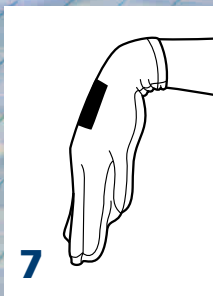
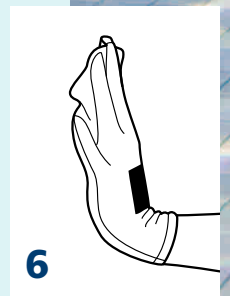
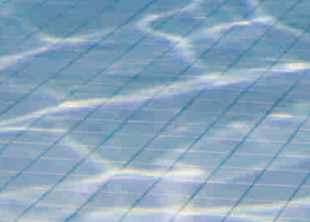
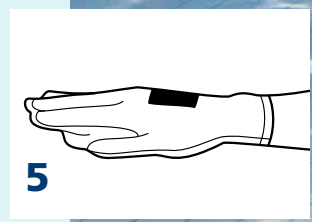
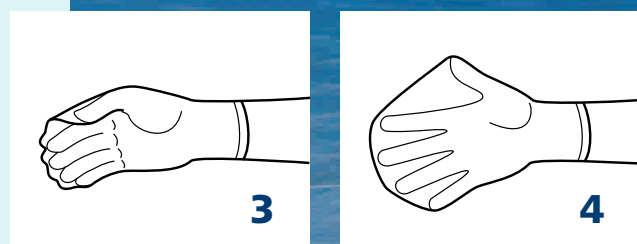
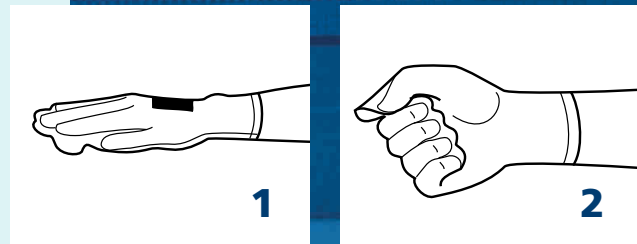
To promote exercise safety and avoid repetitive wrist flexion and extension, it is important to define and articulate the proper wrist position to maintain for each exercise.

For most strengthening exercises, cue your students to maintain a firm and aligned wrist so the glove functions as an extension of the forearm. In this position the wrist is challenged for neutral strength. (Fig. 5)

For other strengthening exercises it is necessary to maintain the wrist in hyperextension. This position is encouraged to counterbalance repetitive overuse activities involving excessive wrist flexion (e.g. keyboarding). (Fig. 6)

For relaxation and for active rest activities between strengthening sets, allow the wrists to flex, extend and hyperextend in a fluid motion to improve and maintain range of motion. (Fig. 7)

As with all strengthening exercises involving increased levels of resistance, limit repetitions, provide adequate rest for the worked muscles, and limit the number of sets of each exercise. General exercise guidelines suggest 12–16 repetitions per set and up to three sets of the same exercise per session.



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Choosing the Right Equipment

Use your fitness level, personal exercise goals and skeletal/joint status to determine which webbed glove style will best meet your needs. With the introduction of the WAVE Mitt, HYDRO-FIT now offers three webbed glove products for water fitness.

WAVE WEB® PRO

HYDRO-FIT's WAVE WEB PROs set the industry standard for comfort and durability. WAVE WEB PROs provide a moderate level of resistance appropriate for most water exercisers.

Shaped to fit like a second skin, WAVE WEB PROs can be worn comfortably throughout an entire workout. WAVE WEB PROs are made from a unique material that allows water to pass through the gloves, guarding against injury and joint strain.

Available in four sizes: S, M, L and XL. Color varies by size.



WET VEST® Mitt

For heavy-duty resistance nothing beats our WET VEST Mitt. Constructed of super-durable WET VEST poly-propylene material, this Mitt is extremely firm. The opened-fingered design cups your hand to capture greater volumes of water. The combination makes this glove function much like a resistance paddle.

One size fits all in Blue/Black.



HYDRO-FIT WAVE Mitts

Our WAVE Mitts combine the best attributes of our WAVE WEB PROs and our WET VEST Mitts in a durable and user-friendly glove. Like WAVE WEB PROs, WAVE Mitts are flexible and offer the benefit of on-demand, variable resistance. Like WET VEST Mitts, WAVE Mitts are open-fingered and constructed of a firmer material in the palm, providing greater levels of resistance.

WAVE Mitts feature an exclusive adjustable wrist closure for greater ease when putting on and taking off the Mitts, in addition to a more secure fit. One size fits all. Available in Blue/Black, Purple/Black and Solid Black.

