

## Aquability Exercise Programme

General Principles	<p>You can use the buoyancy of the water to assist or resist movement. To progress exercises consider increasing repetitions, increasing speed of movement, using a larger range of movement, or increasing resistance (perhaps by adding a float or working against the current). Here is a record of the pool exercises you have done with us, use these as a starting point.</p>
Warm up 5 mins	<ul style="list-style-type: none"> <li>• Walk slowly forwards around the pool, turn and walk in the opposite direction, against the current</li> <li>• Walk sideways leading with the right leg, then sideways leading with the left leg</li> <li>• Walk backwards around the pool</li> <li>• You could also add in high step overs or silly walks</li> </ul>
Balance and core	<p>Sit on woggle find your balance with woggle sideways under thighs (like sitting on a swing)</p> <ul style="list-style-type: none"> <li>• slowly lift one thumb out of water then the opposite, putting first thumb down as you do so. Feel the body trying to rotate and resist it or use opposing thumb out of water to regain equilibrium.</li> <li>• Keep your balance and turn head right to left</li> <li>• Keep your balance and reach alternate arms up in front, or out to the sides</li> </ul> <p>*Place a flat float under one foot, lift foot up and down keeping float steady under foot, once mastered this swap feet then add a float under other foot and practice walking with 2 floats under foot.</p>
Cardio-vascular	<p>Slide woggle between legs so you can hold one end of woggle in front of you.</p> <ul style="list-style-type: none"> <li>• Lift your legs off the floor and cycle, forwards and backwards</li> <li>• In the same position try sculling with your arms instead</li> </ul> <p>*If you have access to a step; steps up, step downs., if no step try jogging on the spot. *‘Rocking horse’, in stride stance hop onto front leg and sweep arms forwards, hop onto back leg and sweep arms out</p>
Upper body mobility exercises (Buoyancy neutral/assisted)	<p>Stand feet hip width apart (further if needed for more stability), arms supported by floats on the surface.</p> <ul style="list-style-type: none"> <li>• arms in front of your chest, turn from your waist, turning your body from right to left.</li> <li>• open arms up wide, sweep one arm across to the other and then open again, repeat on other side</li> <li>• hold rails, bend forwards from your hips, with thumb pointing upwards, slice one arm all the way forwards through the water and backwards leading with little finger, repeat other side.</li> </ul>

Upper body and core strengthening exercises (buoyancy resisted)	<ul style="list-style-type: none"> <li>• Holding floats at position 'quarter to 3' or '10 to 2' push slowly down by your sides under the water maintain balance in standing and then control the floats back up to the surface.</li> <li>• Holding floats in front of body push the floats down either close to body (easier) or further away from body (harder) and then control the floats (against buoyancy) steadily back up to the surface. Make it harder by pushing the floats further down in the water.</li> <li>• Hold the float vertically push the float away from you, and then pull it towards you. Make it harder by increasing the depth of the float, and/or speed of pushing and pulling.</li> <li>• Biceps curls, arm punches, side arm raises and 'skiing arms', using a float in the hand can increase resistance and make it harder.</li> </ul>
Lower body mobility and strengthening exercises	<p>Standing in the water (feet further apart for stability if needed or hold on to side).</p> <ul style="list-style-type: none"> <li>• High marching – bringing the knee up towards the surface of the water and push down to the floor with a flat foot.</li> <li>• With knees together, bend one knee and bring foot up to your bottom, return to start position and repeat with the other leg.</li> <li>• With a straight leg, take the foot forwards and backwards, swap to repeat with the other leg.</li> <li>• With a straight leg, take the foot out to the side and back in, swap to repeat with the other leg.</li> </ul> <p>Using a float around the foot can make the elements of the movement easier or harder.</p>
Spinal mobility	<p>Facing the wall, holding on with hands,</p> <ul style="list-style-type: none"> <li>• feet at the base of wall, drop bottom backwards, progress this exercise by walking feet up the wall and pushing and pulling slowly.</li> <li>• feet at arms distance from wall, drop your hips into the wall, then push back to upright.</li> <li>• Turn sideways on, feet at wall, drop hips away from the wall, swap and do the other side</li> </ul> <p>*Wrap a woggle around your back, lift legs into sitting position, swing legs like a pendulum, then swivel knees right to left.</p> <p>*Holding onto side, head on bar (face upwards), float body up to the surface, pull both heels down to the floor (allowing body to arch). Do this with floats around ankles = a strengthening exercise.</p>
Ai Chi	<p>Ai Chi is a total body strengthening and relaxation program that integrates mind and body. It is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad, graceful movements.</p> <p>Useful video guide: <a href="https://tinyurl.com/4cmmjh2v">https://tinyurl.com/4cmmjh2v</a></p>
Wind down	<p>Spend final few minutes winding down relaxing in the water and enjoying the benefits of warmth and buoyancy. Use floats to completely support you to rest in the water.</p>