

Buoyancy not only assists with keeping us afloat but creates incredible resistance in the water when used correctly. Hydro Burn is designed to maximize every major muscle group, while keeping proper form, as well as focus in on smaller muscles while performing unilateral, or single arm, work to help correct muscle imbalances and improve overall strength.

1. Introduction to Aquatic Buoyancy Resistance Training

a. Benefits of – Unilateral & Bilateral

- i. Isotonic Contractions
- ii. Length + Strength
- iii. Bonus: Isometric Contraction
- iv. Stability BEFORE Mobility
- v. Lev III & Grounded/Anchored moves
- vi. Less is MORE!
- vii. Correct Muscle Imbalances

b. EQUIPMENT TYPE

i. SUBMERGED MOVEMENT WITHOUT EQUIPMENT

1. In the pool, water surrounds you and the water's buoyancy and viscosity affect movements in every direction.
2. Submerged movement without equipment will primarily be influenced by drag, which relates to the water's viscosity and requires a concentric contraction.

ii. Buoyant

1. Movement toward the bottom of the pool is buoyancy resisted and a concentric muscle action.
2. Movement toward the surface of the water is buoyancy assisted and an eccentric muscle action.

iii. Weighted (Same as Land)

1. Movement performed upward against gravity is gravity resisted and a concentric muscle action.
2. Movement performed downward is assisted by gravity and an eccentric muscle action.

iv. Drag

1. Movement performed in any directions is resisted and a concentric muscle action.

v. Rubberized

1. No difference then used on land.
2. Movement away from the anchored point is equipment resisted and a concentric muscle action.
3. Movement toward the anchored point is equipment assisted and an eccentric muscle action.

2. Tips & Queuing

- a. Depth is vital to be able to properly GROUND to the floor as well as be able to lift the feet off the floor with proper alignment and core work

- b. MTA Announcement: If you see something, SAY something
 - c. REALISTIC Deck Demonstration
 - d. Safety & Efficiency
3. Precautions/Contraindications to Aquatic Buoyancy Resistance Training
 - a. Scapular Depression (Constantly Queuing)
 - b. Always inquiring of pre-existing conditions that you should be aware of 'in order to prevent injury & aid in building strength'.
 - c. Hand/Wrist Issues
 - d. Neck/Shoulder Impingements
 - e. Limit segment time & offer breaks/hold modifications
 - f. Thumb on same side as fingers
 - g. 'Trigger grip'
 - h. Neutral Wrist
4. Choreography :
 - I. Warm up: 30s - 15s - 15s - 30s X 7 (base moves) = 10.5 min
 - JOG/MARCH
 - 30 sec – Jog in 3
 - 15 sec - L Tire jog out
 - 15 sec - R Tire jog out
 - 30 sec – Tire Run
 - KICK
 - 30 sec - Front kicks in 3
 - 15 sec – R kick
 - 15 sec - L kick
 - 30 sec – Alt front kicks
 - TUCK
 - 30 sec – Hamstring curls in 3
 - 15 sec - LEFT hamstring repeaters
 - 15 sec - RIGHT hamstring repeaters
 - 30 sec – Alt heel sweeps front & behind
 - HOP
 - 30 sec – Moguls in 3
 - 15 sec - R Leg Mogul
 - 15 sec - L Leg Mogul
 - 30 sec – 'X' Mogul (R taps Left & L taps Right)
 - JACK
 - 30 sec – T-Jacks in 3
 - 15 sec - L leg swing side to side
 - 15 sec - R leg swing side to side
 - 30 sec – Transv Abd/Add T-Jacks

- SKI
 - 30 sec – CC in 3
 - 15 sec - Lunge R forward/L back – Left Arm hook
 - 15 sec - Lunge L forward/R back – Right arm hook
 - 30 sec – CC w/ alt hooks
- TWISTS
 - 30 sec –Twists in 3
 - 15 sec - R hip open/close
 - 15 sec - L hip open/close
 - 30 sec – L III Diamond leg twists

II. “Wall” Work (Use 8 count pattern)

- 30 Sec - Double Right back kick → Double Left back Kick → Pop wide - center - double pump down
- 15 Sec - Hold Left Leg up/out to side – Right Leg Up to meet left → Pump legs & Tap down
- 15 Sec: Hold Right leg up/out to side – Left leg up to meet right → Pump legs & Tap Down
- 30 Sec - CC Split Jump – Start Narrow & jump up w/ R forward & L back → touchdown & Knee Tuck → jump up and L forward & R back → touch down & Knee Tuck

30 sec break - Repeat 3X = 5 ½ min

III. Two Buoys (8 ½ min) Grounded - Lev I - Lev III

15 sec Lunge single arm Elbow flex/Ext → 15 sec Switch lead leg & arm

30 sec CC 4 L I & 4 L III

30 sec L III CC w/ Bilateral elbow flex/extension

15 sec break

15 sec Narrow Stance - single arm shoulder Abd/add → 15 sec switch arms

30 sec T-Jacks

30 sec L III L-Sit w/ shoulder Abd/add

15 sec break

15 sec/Arm: Wide Grounded w/ single Shoulder Flex/Ext

30 sec Speed Skate

30 sec L III Elbow/Knee Tucks w/ rotations

15 sec break

15 sec Grounded Right arm chest circle in (vertical buoy) → 15 Left Arm

30 sec Double pump side power kick w/ opposite side buoy plunge

30 sec L III Angels w/ double mermaid kicks

15 sec break

15 sec Right leg kick w/ Right arm Row → 15 sec Left leg kick w/ Left arm Row (Vertical Buoy)

30 sec Alt Soccer kicks w/ alternating rows

30 sec L III Rock & Roll w/ Pop

IV. "WALL" Work (Use 8 count pattern)

- 30 sec Moguls in 3
- 15 sec LEFT Diagonal SKI
- 15 sec RIGHT Diagonal SKI
- 30 sec CC in 3

30 sec break - Repeat 3X = 5 ½ min

V. Single Buoy 8 ½ min 30 sec/move (Grounded - Moving - Lev III)

- Lunge Right forward/Left back w/ LEFT shoulder flex/Ext & elbow flex/Ext
- VERTICAL BUOY: CC buoy rotations (4 L I & 4 L III) - Grip Right hand over Left
- L III CC w/ Buoy in LEFT hand

15 sec break

- Lunge Left forward/Right back w/ RIGHT shoulder flex/Ext & elbow flex/Ext
- VERTICAL BUOY: CC buoy rotations (4 L I & 4 L III) Grip Left hand over Right
- L III CC w/ Buoy in RIGHT hand

15 sec break

- Narrow Right shoulder Abd/Add w/ Left hand to hip
- T-Jack w/ Left hand to hip
- L III Angels

15 sec break

- Narrow Left shoulder Abd/Add w/ Right hand to hip
- T-Jack w/ Right hand to hip
- L III Angels

15 sec break

- Grounded Fig 8's (hold ends of buoy) → 15 sec - Reverse direction
- CC w/ Fig 8 Rotations hip to hip
- L III CC w/ Fig 8 Rotations hip to hip

VI. STRETCH –

- Hamstring curls w/ alt reach backs
- LEFT hip openers

- Left behind Curtsey Lunge into Diagonal Knee lift
- Left leg figure 8
- Left Fig 4 → RIGHT Knee drop w/ 4 & lift
- RIGHT hip openers
- Right behind Curtsey Lunge into Diagonal Knee lift
- Right leg figure 8
- Right Fig 4 → LEFT Knee drop w/ 4 & lift
- Left Knee Up-Out & bicycle around
- Left leg back/CALF Stretch w/ Chest Pressing arms
- CIRCLE Right w/ Left arm out for chest opener
- Right Knee Up-Out & bicycle around
- Right leg back/CALF Stretch w/ Chest Pressing arms
- CIRCLE Left w/ Right arm out for chest opener
- Ankle Circles w/ forearm stretch
- Hamstring Curls w/ Shoulder opener (R arm up L arm under = switch)
- 3 big inhale/exhales w/ chest opener & spinal Flexion