

# JENNI LYNN FITNESS

High Intensity | Low Impact | Water Workouts

## Why Water Works

There's a reason S'WET is fast becoming the new wave in aquatic fitness -- IT WORKS! Topics include understanding the power of resistance in the water, how buoyancy, density and body inertia can effectively work for and against you as part of your fitness training. We will also discuss how water workouts can be the most effective method for those with injuries and in rehabilitation.

## Pools, Tools & More

The right pieces of equipment are the truest tools of our trade. We will discuss and then demonstrate the differences between various types of aquatic equipment, including drag, buoyant, weighted and resistant products, as well as when to use them most effectively.

## Moves You Can Use

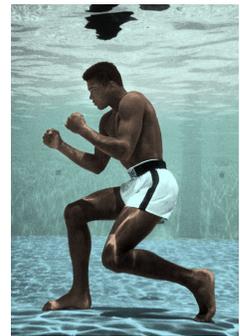
We will review some of the core water-based exercises almost anyone can perform, and demonstrate ways to increase intensity for maximum results while still minimizing impact on your joints. Modification is the key to success!



## FROM TURF TO SURF

*Taking Your Land-Based Exercises into the Water*

**Muhammad Ali** -- one of the world's greatest boxers -- was known for his speed, endurance and unorthodox, dance-like fighting style. And as legend has it, what made Ali the ultimate contender in the ring was the truly unique way he prepared for his matches outside it...



...in the *pool!*

Ali knew that aquatic fitness workouts provide the perfect blend of intense cardio and superior resistance training, allowing you to build up stamina, improve balance and push yourself to work harder, all the while avoiding needless stress and injury to your body and joints!

Perhaps Ali was actually revealing his secret training routine when he famously said, "float like a butterfly." The whole time he was actually talking about the swim stroke!



## One-On-One Personal Training or Small Groups!

Jenni Lynn and Christopher are now available for one-on-one personal training sessions, as well as small group fitness lessons.

We create custom-built programs based on your fitness goals and needs, including weight-loss and body conditioning, pre and post natal fitness and much more!

What you'll get from us:

- Personalized attention in a private pool setting
- Focused fitness goals achieved with experienced guidance
- Referrals on equipment and other water-based tools
- Motivation and education on how to incorporate water into your current exercise routine



Adding water to your workout regiment can be one of the most effective methods for improving strength and body conditioning. And it's easy to do too. Why? Because almost any exercise performed on land can be done with modification in the water -- often times with even better results!

But before you dive in, it's critical to understand the effects of water resistance on your body, how to properly modify certain movements to avoid injuries and how to choose the right pieces of equipment to improve your fitness experience.

Our **Turf to Surf** workshops will do all of that, assisting you with taking your current land-based exercises into the water. Whether you're a certified personal trainer or just an enthusiast looking to expand your own workout routines, these workshops will bring you the latest trends in the fitness industry!



*Visit us [online](#) for details on how you can book this exclusive educational workshop for your gym or facility.*

Note: *Turf to Surf* by Jenni Lynn Fitness is not a certification program. The purpose of this workshop is to provide information and educational advancement in the field of aquatic fitness.

### About the Trainers:

**Jenni Lynn Patterson** is a NSCA-CPT, AEA Aquatic Specialist and CEC Provider as well as an AFAA Group Fitness Instructor and CEC Provider. **Christopher LaCour** is an AEA Aquatic Fitness instructor, ACE Group Fitness instructor and S'WET instructor trained by Jenni Lynn Fitness.