Make a splash with this dynamic **S'WET™ Personal Training Workshop** that brings **structured, rep-based movements** to the pool! This high-impact training focuses on breaking down six versatile movement sets designed to enhance **strength**, **cardio**, and **endurance** through creative aquatic formats. You'll learn how to use traveling warm-ups, wall work, and wave-resistance drills to energize your programming, whether for **group classes** or **one-on-one coaching**. S'WET™ Personal Training will equip you with the tools to expand your fitness offerings and elevate your aquatic training to new levels.

S'WET™ Personal Training Three Step Evaluation:

1. **Stability**
    a. Grounded
        i. Stance variations with arm turbulence
            1. Stances: Neutral, Wide, Narrow, Tandem, Single Leg, ect.
            2. Arm Variations: Shoulder Flexion/Extension, Elbow Flexion/Extension, Sweep, Scoops/Lifts, Figure 8, Unilateral, Bilateral, Transverse Shoulder Flexion/Extension, ect
    b. Moving = Walking with Bilateral Reciprocal arm swing – Left arm swing forward & Right knee raises
        i. Walking on the Line
        ii. Introduce walking backwards
        iii. Depth Variations:
            1. Traveling Shallow to Deep & Deep to Shallow both touching and Level III
            2. Breath Work: Exhaling on Concentric phase with Buoyant equipment and using the breath for neutral buoyancy while performing deep water exercises (no bounce during T-Jacks)
2. **Mobility**
    a. Sagittal – Traveling base moves while maintaining hip alignment (Jog, Tuck, Hop, Kick, Jack, Ski, Twist)
    b. Frontal – Depth appropriate multi directional travel with alignment – Level I, Level II and Level III
    c. Transverse – Sculling technique and multi planar movements – Shallow & Deep (with floatation attached)
3. **Equipment**
    a. Grounded - Depth appropriate assuring scapulae depression and eccentric phase control with buoyancy
    b. Traveling – Maintaining form while traveling with buoyant and drag resistance – Switch up impact variations

S'WET™ Personal Training 6 Movement Sets:

1. **Traveling Warm Up**
    i. Elongate tight/weak muscles
    ii. Spinal Mobility
    iii. Moving Stability Challenge using Base Moves
    iv. Rotation/Off Axis Intro (slowly)
2. **Wall Work**
    i. Grounded/Isolated Strength Move
    ii. Core Challenge
    iii. Cardio using Water's Resistance (Travel if possible)
    iv. Power/Water Specific Movement
3. **Wave Work**
    i. Long Lever Cardio
    ii. Core Challenge w/ Rotation
    iii. Power
    iv. Level III/Off Axis Work

4. **Strength** (Upper Body)
    i. Upper w/ Base Move (Muscle Pair – alternate groups each week)
    ii. Upper w/ Base Move
    iii. Grounded Core Work
        1. Lower Body Strength – alternating upper/lower each week
            a. Level I or Level II
            b. Grounded focusing on Eccentric phase
            c. Level III w/ Core Challenge
5. **Cardio Combos** -
    i. Note: AEA recommends this phase only if it aligns with client goals and is contraindication-free.
        1. What is your flare? - Kickboxing – Boxing – Dance – Agility – Sports
            a. Pure Repetition & Pyramid based formatting help elevate cardiovascular output.
            b. Water jogging, jumping jacks, kicks, skis, lateral hops - RPE 5–7 (Moderate to Hard)
6. **Cool Down** – Dynamic movement to keep temperature up
    i. Target 3 Upper Body – 3 Middle – 3 Lower Body Joint Actions
        1. Neck – Shoulders – Wrists
        2. Spinal: Flexion – Extension – Rotation
        3. Hips – Knees - Ankles

S'WET™ Personal Training Video Choreography - Recommended Music BPM: 128 – 132

PT #1 Traveling Warm-Up: 7 Base Moves - **Perform 3 sets of each: 30 sec between sets**

- Kick Backwards 10x – Hamstrings & Hip flexors
- Jump F & B 10x – Lower back & Spinal flex/ext
- Cross Country Ski 10x – Spinal/Thoracic mobility
- Moguls 10x – Off Axis/Rotation

PT #2 Wall Work: Focal Point/Isolation & Control - **Perform 3 sets of each: 1 min between sets**

- Box lifts 10x - Grounded
- Wall Taps 10x - Core
- Speed Skate Backwards 10x - Water's Inertia/Assist & Resist
- Suspended ski forwards 10x – Lev II & Lev III

PT #3 Wave Work - **Perform 3 sets of each 30 sec between sets**

- Mountain Climbers 10x - Cardio
- Dial Rotations (Chest/Back) 10x – Rotational
- Pump & Pop 10x – Power

- Level III Rock & Roll 10x – Sculling Focused

PT #4 Strength - **Perform 3 sets of each: 1 min break between sets**

- Jack Rear Delts 10x – Lev I/II Multiplanar upper/lower
- Ski Chest Flies 10x – Lev I/II Multiplanar upper/lower
- Torso Rotation R 10x – Grounded Core
- Torso Rotation L 10x – Grounded Core

PT #5 Cardio Combos - **Perform 3 sets of each NO BREAKS**

- Front Karate Kicks 10x -
- Side Karate Kicks 10x
- Back Karate Kicks 10x
- Power Hooks 10x

PT #6 Cool Down - Active or static stretching of your choice

- Example Exercises:
  - Hip Rotations R & L
  - Calf Stretch R & L
  - SKI w/ sweeping arms
  - Chest openers walk R & L
  - Ai Chi Rotations
  - Spinal Flexion/Extension

- **Cueing Tips for Personal Training**
  - Blend Cueing Styles: Visual (demonstrate), Verbal (clear instructions), Kinesthetic (gentle touch/corrections).
  - Personalize Feedback: Use names often; give sincere praise and constructive corrections.
  - Prioritize Form Over Speed: Emphasize controlled movements for safety, effectiveness, and injury prevention.

- **Virtual Personal Training Tips**
  - Platforms: Zoom, Google Meet, FaceTime, WhatsApp
  - Clear visual demos for YOU & client
    - Downward screen angle towards pool to get above view of form (Use dark suits/leggings)
  - Underwater Video can be helpful to offer client
  - Set expectations: Get pics/video prior to session to plan
    - Pool space/depths
    - Equipment
    - Safety Considerations

AEA Water Personal Training Routine Structure

1. Warm-Up (5–10 minutes)

Goal: Increase core body temperature, prepare joints and muscles for movement, gradually elevate heart rate.

- **General Movement:** Water walking/jogging forward, backward, and lateral at a moderate pace.
- **Joint Mobility:** Shoulder rolls, hip circles, ankle bounces, wrist/neck rotations.
- **Dynamic Stretching:** Leg swings, arm circles, gentle trunk rotations.

Tip: Use water resistance to naturally slow the pace and protect joints.

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2. Conditioning Phase (20–30 minutes)

Goal: Improve muscular strength, endurance, cardiovascular function, and overall mobility.

This section should be tailored to the client's goals, with focus on **muscle balance** and **multi-planar movement**. Exercises should include both **concentric and eccentric** muscle actions, with clear **progression** and **regression** options.

Format: Circuit or Superset Style (2–3 sets of each)

Muscle Group	Exercise	AEA Notes
Legs	Squat variations (wall or suspended)	Focus on hip/knee/ankle alignment
Core	Flutter kicks, tucks, seated crunches	Engage deep core, avoid excessive flexion
Upper Body	Sculling with noodles/buoys	Use slow tempo for eccentric focus
Total Body	Cross-country ski, jumping jacks (low)	Avoid ballistic impact; modify to march
Balance/Control	Single-leg stance with sculling arms	Incorporate proprioception and posture

Modality Options:

- Wall support
- Buoys/noodles
- Drag equipment
- Surface tension only (e.g., hands cutting through water)

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3. Cardiovascular Conditioning (Optional – 5–10 minutes)

Goal: Elevate and maintain heart rate with rhythmic, continuous movement.

- **Exercises:** Water jogging, jumping jacks, cross-country skis, lateral hops
- **Intensity:** RPE 5–7 (Moderate to Hard)

Note: AEA recommends this phase only if it aligns with client goals and is contraindication-free.

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4. Cool Down & Stretch (5–10 minutes)

Goal: Gradually lower heart rate, restore breathing, improve flexibility, reduce soreness.

- **Breathing:** Deep inhales/exhales with arms sweeping above/below water
- **Static Stretching:** Focus on major muscle groups used during session
    - Piriformis (Figure 4 with wall support)
    - Hamstring (heel on step or noodle)
    - Chest (arm outstretched on pool wall)
    - Shoulders (cross-body stretch)
    - Calves (heel on bottom step, lean forward)

AEA encourages static stretches to be held **20–30 seconds**, repeated 2–3 times.

Trainer Tips (AEA-Based)

- Use **cueing**: Visual, verbal, and tactile (when appropriate) for clear instruction.
- Monitor **posture and alignment** constantly.
- Keep **progression principles** in mind: increase duration, range of motion, surface area, and turbulence before adding resistance tools. Respect **individualization**: Fitness level, confidence in water, and medical history must shape your routine design.
- Prioritize **safety**: Be mindful of water depth, temperature, footing, and client fatigue.

The National Academy of Sports Medicine (NASM) provides a structured approach to personal training through its Optimum Performance Training (OPT™) model. This model consists of five progressive phases designed to enhance various aspects of physical fitness, from foundational stability to peak power output.(NASM Blog, Personal Trainer Pioneer)

Phase 1: Stabilization Endurance

- **Goal**: Enhance muscular endurance, joint stability, and neuromuscular efficiency.
- **Training Focus**: Incorporate exercises that challenge balance and stability, often using unstable surfaces or single-leg movements.
- **Reps/Sets**: 12–20 reps, 1–3 sets.
- **Intensity**: 50–70% of 1RM.
- **Rest**: 0–90 seconds.
- **Ideal For**: Beginners, individuals returning from injury, or those needing to improve movement quality.(NASM, NASM Blog, Personal Trainer Pioneer)

Phase 2: Strength Endurance

- **Goal**: Improve stabilization under increased loads and enhance overall strength endurance.
- **Training Focus**: Utilize supersets combining strength exercises (e.g., bench press) with stabilization exercises (e.g., stability ball push-ups).
- **Reps/Sets**: 8–12 reps, 2–4 sets.
- **Intensity**: 70–80% of 1RM.
- **Rest**: 0–60 seconds.
- **Ideal For**: Clients transitioning from foundational training to more demanding strength routines.(NASM, NASM Blog)

Phase 3: Muscular Development (Hypertrophy)

- **Goal**: Increase muscle size and promote muscular development.
- **Training Focus**: Employ higher volume training with moderate to high intensity, focusing on major muscle groups.
- **Reps/Sets**: 6–12 reps, 3–6 sets.
- **Intensity**: 75–85% of 1RM.
- **Rest**: 0–60 seconds.
- **Ideal For**: Clients aiming for muscle growth and body composition changes.(Reddit)

Phase 4: Maximal Strength

- **Goal**: Enhance the maximum amount of force muscles can produce.
- **Training Focus**: Incorporate high-intensity, low-repetition exercises with longer rest periods.
- **Reps/Sets**: 1–5 reps, 4–6 sets.
- **Intensity**: 85–100% of 1RM.
- **Rest**: 3–5 minutes.
- **Ideal For**: Athletes and clients seeking significant strength gains.(NASM Blog, Personal Trainer Pioneer, NASM)

Phase 5: Power

- **Goal**: Develop explosive power by combining strength and speed.
- **Training Focus**: Use supersets that pair heavy strength exercises with explosive movements (e.g., squat followed by jump squats).
- **Reps/Sets**: 1–5 reps (strength), 8–10 reps (power), 3–5 sets.
- **Intensity**: 85–100% of 1RM (strength), 30–45% of 1RM or 10% body weight (power).
- **Rest**: 1–2 minutes between supersets, 3–5 minutes between circuits.
- **Ideal For**: Athletes and advanced clients aiming to improve performance in activities requiring speed and power.(Personal Trainer Pioneer, NASM)

The OPT™ model is designed to be adaptable, allowing trainers to tailor programs based on individual client goals, fitness levels, and progression rates. Whether the aim is weight loss, muscle gain, or enhanced athletic performance, this structured approach provides a clear roadmap for achieving desired outcomes.

Client Readiness for Exercise

Name _____ **Date** _____

Age _____

Physical Activity Readiness Questionnaire (PAR-Q)

	YES	NO
Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?		
Do you feel pain in your chest when you perform physical activity?		
In the past month, have you had chest pain when you were not performing any physical activity?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?		
Do you know of any other reason why you should not engage in physical activity?		

*If you have answered YES to one or more of the above questions, **consult your physician before engaging in physical activity**. Tell your physician which questions you answered YES to. After medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.*

General and Medical History

Occupational		
What is your current occupation? _____		
Does your occupation require extended periods of sitting?		
Does your occupation require repetitive movements? (If YES, please explain.) _____		
Does your occupation require you to wear shoes with a heel (e.g., dress shoes)?		
Does your occupation cause you mental stress?		

Recreational		
Do you partake in any recreational physical activities (golf, skiing, etc.)? (If YES, please explain.) _____		
Do you have any additional hobbies (reading, video games, etc.)? (If YES, please explain.) _____		
Medical		
Have you ever had any injuries or chronic pain? (If YES, please explain.) _____		
Have you ever had any surgeries? (If YES, please explain.) _____		
Has a medical doctor ever diagnosed you with a chronic disease, such as heart disease, hypertension, high cholesterol, or diabetes? (If YES, please explain.) _____		
Are you currently taking any medication? (If YES, please explain.) _____		

Additional Information

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FITNESS ASSESSMENT FORM

Client Name: _____

Trainer Name: _____

Pre-Test Date: _____ **Post-Test Date**: _____

Pre-Participation Screening Notes:

Comments:

VITAL SIGNS	PRE-TEST SCORE	POST-TEST SCORE	DIFFERENCE
Resting Blood Pressure			
Resting Heart Rate			
BODY COMPOSITION MEASURES	**PRE-TEST SCORE**	**POST-TEST SCORE**	**DIFFERENCE**
Height			
Weight			
Waist-to-Hip Ratio			
% Body Fat			
Other:			
MUSCULAR STRENGTH	**PRE-TEST SCORE**	**POST-TEST SCORE**	**DIFFERENCE**
Bench Press			
Squat			
Leg Press			
Other:			
MUSCULAR ENDURANCE	**PRE-TEST SCORE**	**POST-TEST SCORE**	**DIFFERENCE**
Push-Ups			
Partial Curl-Up			
Prone Double Straight-Leg Raise			
Other:			
FLEXIBILITY	**PRE-TEST SCORE**	**POST-TEST SCORE**	**DIFFERENCE**
Sit-and-Reach			
Mobility			
Other:			
AEROBIC/ANAEROBIC CAPACITY	**PRE-TEST SCORE**	**POST-TEST SCORE**	**DIFFERENCE**
VO_2Max			
Anaerobic Capacity			
Other:			
OTHER	**PRE-TEST SCORE**	**POST-TEST SCORE**	**DIFFERENCE**
Other:			
Other:			