

Hydropower Water Workouts

What's New at Hydropower

Article Highlights:

- New Workshops
- Angie/Julie
- Store updated

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Well, the summer is over and it is time to reflect back upon this past summer. It has been a summer full of all kinds of exciting opportunities and professional growth here at Hydropower. We have taken this time to put together several new workshops to unveil in 2005. Also, we are still working on getting out some new CEC CD's for personal trainers.

And in case you have not noticed, we have greatly expanded the store fitness. We currently have over 600 products. As always, we have some of the lowest prices in the Internet. Stop

by the store and check out our new merchandise.

We are getting ready to kick off our fall schedule this weekend with an exciting event here in the Valley of the Sun, Phoenix area. We are very proud to be hosting Angie Proctor, Executive Director of AEA, and Julie See, President of AEA. We have a busy weekend scheduled with a certification and 5 workshops. This is going to be an exciting way to start the fall. Then we turn around the following weekend for a return trip back to Gillette, WY. We are really looking forward to getting back there. Last year

I believe we had every instructor in town from all the facilities at the certification and workshops. It is going to be a lot of fun to be surrounded by that kind of energy there. I am expecting a much-energized exciting weekend for the four workshops. Please see our calendar for the rest of our schedule.

Remember that our 2005 schedule is starting to fill up. We are looking for some new facilities to host events in 2005. Let us know if you are interested in bringing events to your facility. We will travel anywhere for events.

Marketing: Networking

This month I want to focus on networking.

What is Networking? Networking is simply the act of building a professional support and contact group. For instructors/personal trainers, this group should include a wide range of professional disciplines. Here is a short list of some of the disciplines in my networking group.

1. Doctors
2. Physical Therapist
3. Dieticians
4. Chiropractors
5. Massage Therapist
6. Personal Trainers
7. Aerobic Instructors
8. Educators
9. Other professionals

It is important to keep several contacts for each field. You should try to find people who have different specialties in. That way you have more options to get support or make referrals to. Remember that when you are making referrals, it is always best to give more than one person.

Why do we want to network? Well, there are two main reasons that people will network. The first is to try to increase their personal business by getting referrals from the people in the networking group. The second is for educational reasons. The more time you can spend interacting with other professionals on a professional level, the more you will learn. I have actually been to workshops and conferences where I have learned more from

networking with the other people there than I did from the sessions. I will clarify this by saying that this has not happened at any of the AEA sponsored events.

Networking can prove to be an invaluable component of your business. The knowledge and increase in clientele will make the time spent networking well worth it. Also, the network will help you grow your own network.

Here in Arizona, we have the Arizona Water Instructor Network (AZ-WIN) for aerobic instructors, personal trainers, and therapist. We schedule quarterly meetings to get together and discuss relevant topics we are all facing. We also have a CEC workshop every meeting.

So get out there and start networking today!

Programming Formats for Classes

I wanted to spend some time this month talking about some of the different programming options that are easily incorporated into classes of all fitness levels.

The first one I want to talk about is aerobic dance classes. Now these classes are considered to be typical aerobic classes. These classes will usually be predominately aerobic in nature. These are some of the more popular classes out there, so we are going to spend the most time with this format.

Let's start with choreography. One of the most common comments I hear from people is that they are bored with their choreography. Why be bored? There are so many different ways that you can change a move. Let's look at the jumping jack for instance. In one of my choreography workshops, I had one of the participants ask to get some examples of different jumping jacks. After we were done, the class walked away with over 250,000 variations of the jumping jack. That is a lot of options, so how can we run out variations. Some of you are reading this going, how is that possible. Well, let's think about the different physical laws, planes, traveling, level 1,2,3, tempo, and combinations of all the above. You start to combine several of these together, and the possibilities really add up.

When I am choreographing a class, I follow some simple steps.

1. I sit down with the music and write it out on paper.
2. I then go through it on land to check weight transfer and transitions. I make adjustments as needed.
3. Then, I will take the new routine to the pool and try it out and make the final adjustments.

I always try new things myself before I try them on my class. I also make sure that the choreography can be modified for a variety of fitness levels.

I will usually try to put routines together in blocks of 4 moves. I will then string the blocks together with transitions movements that may also be in a smaller block of 2-4 moves. I do not ever get myself set on one exact movement at any one point in the workout. For example, if I plan on doing a jumping jack as the 2 move in the fourth block, that is what I will write down in addition to the intended intensity level. I do not really care what version of a jumping jack I do there as long as it is at the right intensity. This technique creates several of nice features for the class. The first is variety. I constantly pick different versions of a move.

This gives the class the appearance of a different class. The second thing it does is give the instructor some creative freedom. This helps eliminate that feeling of completely blanking on the next move during class. Since it does not matter on the exact move, you just pull from your mental database anything at the appropriate intensity. One more advantage to this is that it allows the instructor to automatically take the same choreography and adjust the intensity for a variety of different fitness levels. I have seen this technique for designing classes work for instructors of all fitness levels.

Another format that is easy to incorporate into your regular aerobic classes is an interval format. With an interval class, you are alternating between high intensity and low intensity (recovery) segments. One thing to keep in mind is that you will want to stay consistent with the length of the ratios for the entire class. Here are some overly simplified ratios to start with if you have never taught an interval format before.

1. 1:1 for advanced classes
2. 1:2 for intermediate classes
3. 1:3 for beginner classes

Now, the next thing you want to do is determine the length of each segment. This is something that you have to decide based on your class. Some options to use are 30 seconds, 45 seconds, 1 minute, or on rare occasions maybe 90 seconds. I would tend to stick to the first 3 choices to keep it easier and gives you the ability to add more variety to the class.

Both of these formats are fairly easy to add to classes. All you need to do is take a little bit of time to put the class together. Once classes are designed, the hard part is done. Remember what I said earlier. Design a class that can be modified for a variety of populations. Now, with 2 classes put together, you have infinite number of routines that can be done from each format. All of a sudden, you can now go in and teach a different class every day. Just imagine how much your class will love you. There is no way for them to get bored and more importantly, you. Remember that you set the tone for the class, if you are bored with the routine, the class will be bored with it.

Also, variety will assist everyone in class in achieving their personal fitness goals quicker. Remember that variability will prevent the body from adapting to a workout and the benefits from leveling off.

Good luck and let's be creative out there!

Personal Training: Upper Body

I am going to approach this from a personal trainer's point of view. Just keep in mind that the same training principles hold true for one-on-one training and group training.

There are several areas I want to touch on in regards to training the upper body. The first thing is to make sure that you have a goal for your training. You always want to be working towards a goal. In most cases, the first goal is to correct any imbalances that were discovered during the assessment. Typically, there will be some imbalances between the left and right sides. Also, another problem with most people is the core. I will usually start off by focusing on the core and imbalances from left to right sides. By using this approach, you will have a tendency to strengthen all the stabilizers in the upper body.

The core is the foundation for all strength training. The core is used to initiate every movement that the body engages in. If you have a strong core, you will be able to align the body correctly and stabilize it for any movement that is going to be done during the workout. This is critical for muscle recruitment and isolation of the various muscle(s) that are being worked for a particular exercise. This will give you better results. Probably the greatest benefit of developing a strong core first is the fact that it will greatly decrease the chance of injury while working out and during your every day activities.

Once we have corrected the imbalances and strengthened the core, we can get into the actual strength building portion of the workout. Remember, during that first phase, we have not neglected any muscle. We have still been training the entire upper body to prevent from creating other imbalances. There are a few things we want to look at here. The first thing we are going to look at is one way to target specific

muscles. One of the easiest ways to do this is to train are of the supporting muscles first. Here is a simple way to look at it. Let's say we want to focus on the chest (pectoral's group). I would start by identifying the supporting muscle(s) that are used when training the chest. These would be the shoulders (Deltoids) and triceps. I would start with the triceps first. Once they are completely fatigued, I would move to the deltoids. See, the triceps assist the deltoids in a lot of movements that are involved in working the chest. So, by doing this, we are able to put a maximum workload on the deltoids by eliminating its supporting muscles. Now, once the deltoids are fatigued out, we can now move on to the chest. Now, when we are working the chest, we have created a workload that has to be supported predominately by the chest. This also works in the reverse order for emphases on the triceps. Keep in mind that the training volume will chance per muscle group depending on the order they are being worked. So please be careful as you are designing the workout.

One more topic I want to touch on here is the fact that are muscles are composed of both slow and fast twitch muscle fibers. In order to strengthen a muscle to its maximum potential, we must design a program to focus on both types of muscle fibers. This involves choosing a combination of the following types of exercises during the course of your training program.

1. Power
2. Strength
3. Endurance

I just want to finish by saying that if you have any questions regarding any of this to please e-mail and let me know. I will be more than happy to go into more detail about any of this with you.

Good luck out there with your clients and classes.

“The core is the foundation for all strength training.”

Certification and Workshop Calendar of Events

For a list and up to date information on events, please visit our web site at www.hydropowerwaterworkouts.com

Upcoming Events

**September 10-11, 2004
Gilbert, AZ**

**September 18-19, 2004
Gillette, WY**

**October 2-3, 2004
Claremont, CA**

Upcoming Events

**October 8-10, 2004
Bellevue, Washington
AEA Regional Conference**

We are still looking to add dates for the fall. Please contact us to get your facility added.



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We're on the Web!

See us at:

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Sponsors



About Hydropower Water Workouts...

Hydropower Water Workouts was founded in 1994. When Hydropower first began, the sole purpose was to give everyone the opportunity to enjoy the benefits of a healthier, more active, more enjoyable lifestyle through the comfort and safety of aquatic fitness.

Since that time, Hydropower has expanded to include facility management and programming. Hydropower is also involved in consulting with facilities, fitness professionals and fitness enthusiasts. In 1996, Hydropower relocated from College Station, TX to Phoenix, Arizona. After relocating to The Valley of the Sun, Hydropower expanded once again. Hydropower now dedicates a large portion of its resources to continuing education classes for fitness professionals and the development of a stronger, more credible aquatic fitness industry through education and networking.

Greg Peterson is the founder and owner of Hydropower Water Workouts. He has a B.S. in Kinesiology from Texas A&M University. Greg is a certified personal trainer through AEA, ACE and NASM. He is a certified Fitness Instructor through AEA. Greg has been leading aquatic fitness classes for over 14 years. Over the last 14 years, he has gained considerable experience while teaching to every imaginable population and class format. He has accumulated over 7500 hours of teaching experience. Greg has also been personal training individuals in the pool and on land for over 14 years. His clientele has included everyone from the physically and/or mentally challenged to the elite athlete.

Greg is an Aquatic Training Specialist with the Aquatic Exercise Association, Inc. He has been a Provider for AEA since 1997 and a presenter at the International Aquatic Fitness Conference. Greg is a CEC provider for AEA, ACE and AFAA. His unique

approach to class formatting and choreography has been shared with 1000's of individuals across the country and around the world. He also has a no nonsense approach to personal training that helps trainers of all levels expand their knowledge and programming capabilities.

Greg also won the US Water Fitness Association National Water Aerobic Championship in 1994 and placed 2nd in the International competition in 1995. Greg has been published in an international fitness magazine numerous times and co-authored the AEA Aquatic Personal Training Certification Manual. He was a regular guest on the morning news show talking about aquatic fitness in the mid 90's in central Texas and featured on the morning show in Phoenix in '97. Greg has been in newspapers ranging from the *Bryan/College Station Eagle* to the *New York Times* in regards to aquatic training/programming and land-based personal training.