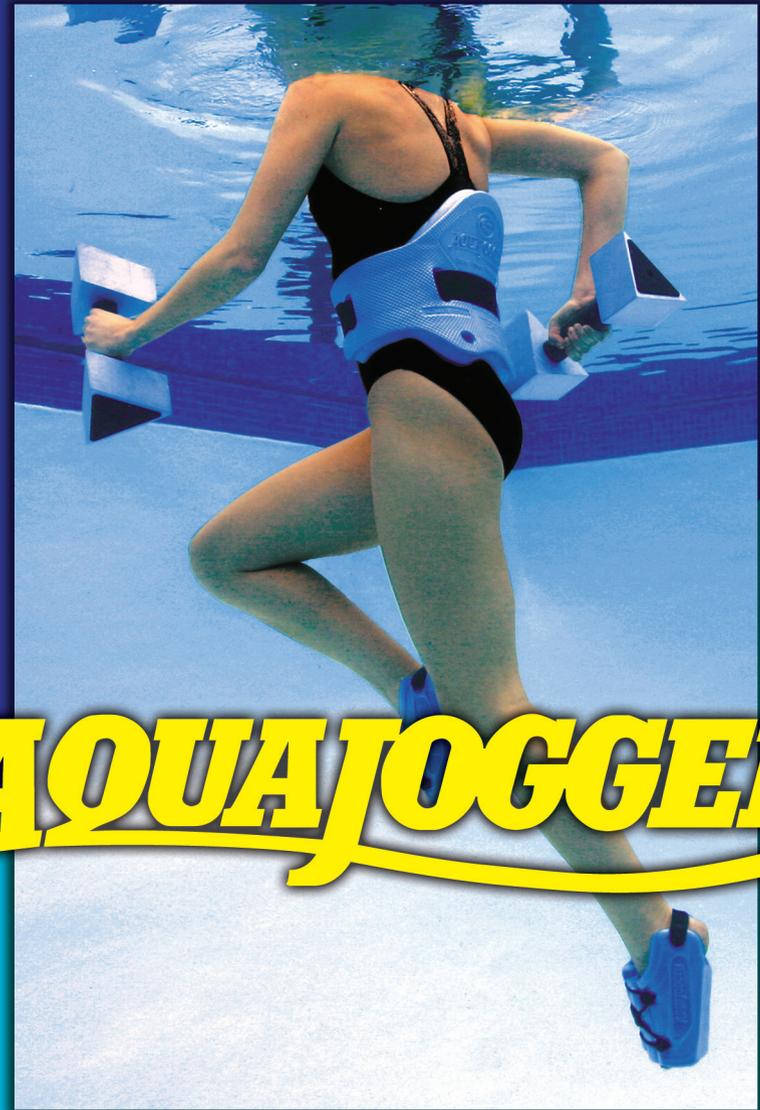


AQUAJOGGER[®]
LOW IMPACT FITNESS™

AquaJogger[®] is a registered trademark of
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AQUAJOGGER[®]

WORKOUT GUIDE

*Information and Training Techniques
for using AquaJogger[®] Water Workout Gear*

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Visit our website for additional exercises and product information.

www.aquajogger.com

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The AquaJogger® Story



A TOOL FOR INJURY RECOVERY

The AquaJogger® water exercise buoyancy belt was originally developed as a water rehabilitation tool for pre- and post-surgery patients and world class athletes recovering from injury in Eugene, Oregon.

TRAINING FOR COMPETITIVE ATHLETES

This unique flotation device soon captured the attention of other athletes around the world who found the AquaJogger® buoyancy belt valuable not only in recovery from injury but also as an extraordinary training tool in maintaining the high levels of fitness demanded by competitive sports. The AquaJogger® became the key that opened the door to the world of impact-free deep water exercise and soon athletes began incorporating water workouts into their regular training regimens.

THE FITNESS REVOLUTION

Although athletes were among the first to recognize the advantages of deep water, they were not the only people to benefit. The popularity of land-based aerobics was bringing high impact to the muscles and joints of people of all ages. Along with the advantages of aerobic activity came muscle soreness, stress fractures and aching joints resulting in flagging motivation and injury. People turned to special fitness shoes with air cells and gels and air pumps to cushion the impact, but the effects of gravity were winning.

MOVING AEROBICS INTO THE WATER

Meanwhile, back at the pool, the AquaJogger® buoyancy belt and deep water were taking the jolt out of aerobics. Deep water aerobics opened up a new world of fitness for people of all ages and at all levels of fitness. The forgiving water environment is not only effective, but it's fun and has inspired deep and shallow water classes to start up all over the world.

HOW IT WORKS

Suspended up to your neck in deep water with the AquaJogger® buoyancy belt, you can breathe normally as you move, like you do on land. Your feet don't touch the bottom of the pool so there is no impact and the water provides resistance in all directions that you control by the speed of your movements. Since your body is submerged, the hydrostatic pressure around your body improves cardiac function, lowers blood pressure, assists the body in tissue healing and sets in motion a host of other benefits. You can enjoy almost any activity in the water that you traditionally do on land, including running, cross country skiing, aerobics, and dance moves. You are limited only by your imagination.

OUR PRODUCTS MULTIPLY POSSIBILITIES

Now there is a family of innovative water exercise products that will help you take water fitness to a new level. By adding AquaRunners® RX footwear, X-Cuffs™, DeltaBells® (Water Resistance Dumbbells), and Webbed Pro™ Gloves, you can increase the intensity, the range of exercise possibilities, and the fun of your workout program.

HAVE FUN WHILE YOU ACHIEVE YOUR GOALS

Whether your goal is to build strength and endurance, increase body tone, lose weight, or speed recovery from illness or injury, why not join the tens of thousands of AquaJogger® users who have found a better way? It's up to you!

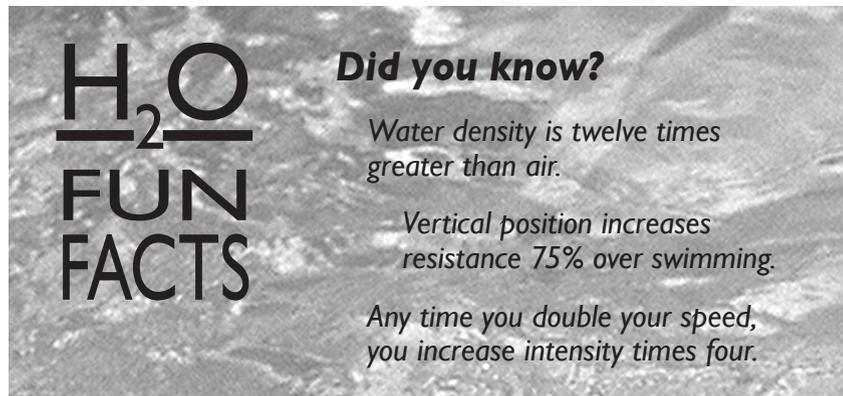
Unique Properties of Water

Buoyancy: *An upward thrust exerted by water on a body which acts in the opposite direction of the force of gravity.*

Water's buoyancy virtually eliminates the effects of gravity—supporting 90 percent of the body's weight for reduced impact and greater flexibility. For example, a 140-pound woman weighs only 14 pounds in water. Water acts as a cushion for the body's weight-bearing joints, reducing stress on muscles, tendons and ligaments. As a result, aquatic workouts are low impact and can greatly reduce the injury and strain common to most land-based exercises. The patented AquaJogger® buoyancy belt suspends the body comfortably with the neck and shoulders above the water for an effective, no-impact, deep water workout.

Resistance: *Due to viscosity, drag forces and frontal resistance, water provides a resistance which is proportional to the effort exerted against it.*

Resistance in water ranges between 4 and 42 times greater than in air, depending on the speed of movement. This makes water a natural and instantly adjustable weight-training machine. Unlike most land-based exercise, water provides resistance to the movement in all directions which allows all of these *directions* be used in the strengthening process. Water's resistance can be increased with speed and/or surface area and the resistance is proportional to the effort required to move against it. Adding water fitness equipment, such as the AquaJogger® Webbed Pro™ Gloves, DeltaBells® and AquaRunners® RX, increases resistance to strengthen and tone the muscles.



H₂O
FUN
FACTS

Did you know?

- Water density is twelve times greater than air.
- Vertical position increases resistance 75% over swimming.
- Any time you double your speed, you increase intensity times four.

WORKING WITH RESISTANCE

You choose the level of intensity of your workout by how you utilize the water's resistance.

- Consciously work with resistance by finding the path of most resistance—keep all moves below the water line.
- To make moves easier, bend limbs and move slower. To increase resistance, straighten limbs, cup hands, and increase speed.
- Push and pull the water to work forces equally in both directions in order to achieve balanced muscularity.
- Avoid being a “bobber” in the water and using buoyancy assisted moves.
- Since you are working with resistance, be sure to pay attention to any injuries. Water is forgiving, but you can overdo it. If a particular movement causes pain, eliminate it from your routine.

Heart Rate in Water

The unique properties of water enable your heart to work more efficiently. The hydrostatic pressure of water pushes equally on all body surfaces and helps the heart circulate blood by aiding venous return—blood flow back to the heart. This assistance to the heart accounts for lower blood pressure and heart rates during deep water exercise versus similar exertions on land. Consequently, your heart rate is an estimated 10 to 15 beats lower per minute during suspended water exercise than for the same effort on land. Research has shown that you are getting the same training effect in water at a lower heart rate.

Expect your heart rate to be 12 to 15 percent lower in the water than the same exercise on land. For example, if your heart rate on land is 140 then the equivalent water heart rate will be between 119 and 124.

PERCEIVED EXERTION SCALE

Heart rate monitoring is valuable, but can be confusing and isn't always an accurate indicator of intensity in aquatic workouts. Your own experience of perceived effort (or how hard you feel you are working) may be the most useful indicator of intensity during your water workout. In fact, after people get used to exercising within a certain heart rate range, they learn how it feels when they are working out at a proper level of effort, without checking their pulse.

A suitable way to measure effort would be to use Borg's and Noble's ratings of perceived exertion. Borg, a research scientist, while studying exertion found that people could accurately perceive their effort levels during exercise. He made a chart with word clues, "easy" to "hard", using the numbers from 1 to 20. Noble, a student of Borg, modified the scale and used a range of numbers from 1 to 10. Noble's version of the scale, while used less, is possibly more accurate. Noble's scale is shown below.

Perceived Exertion Scale

Number	Perceived Exertion	Approx % of VO ² Max*
1	Very easy	—
2	Easy	45
3	Moderate	55
4	Somewhat hard	62
5	Hard	70
6		—
7	Very hard	85
8		—
9		—
10	Very, very hard	100

*VO² Max is the maximum amount of oxygen that can be taken in by your body, delivered to your muscles, and used.

“Perceived Exertion” is simply reading your body signs. Here is an example of how you might use perceived exertion during a workout. As you warm up, begin working at a “moderate” exertion level (2-3). During the main session of your workout shoot for an exertion level between 4-7, with an occasional push into the “very hard” (7-8) for people who are very fit. As you cool down and prepare your body to complete the session, move and stretch at a “moderate” to “easy” level (2-3).

Elements of a Workout

WARM UP – After you have entered the water, start with easy movements. Focus on the entire body, head to toe. Flex and extend all the joints, keeping movements at a low to moderate speed. Use a light pace and smooth flowing motions for 2-3 minutes. Begin slowly with a smaller range of motion (ROM), gradually increase both speed and ROM.

THERMAL WARM UP (Pre-aerobic) – As you warm up, work at a low to moderate pace using long slow movements, such as cross country skiing, running or rock climbing. The thermal warm-up is designed to prepare your body for the aerobic workout by:

- Increasing heart rate
- Increasing respiration (breathing)
- Mentally preparing you for a workout
- Increasing blood flow to muscles
- Promoting body awareness

MAIN SESSION – 20-40 minutes of continuous aerobic activity. Work within your personal fitness level and established medical guidelines. Maintain an exertion level that allows you to keep your breathing under control.

TWO OPTIONS –

Endurance training – Perform movements at a consistent pace. Incorporate long body movements, and keep breathing comfortably.
Objective: Increase cardiovascular endurance, improve body composition and burn fat.

Interval training – Alternate between moderate speeds and faster sprints. Use smaller movements at a faster pace with rest intervals ranging from 30 seconds to 2 minutes in duration.

Objective: Increase anaerobic capacity, muscular endurance, alleviate boredom and burn fat.

STRENGTH WORKOUT (Optional) – 5–15 minutes of abdominal and/or arm exercises. See the DeltaBells™ section for specific exercises.

COOL DOWN – 3 minutes of easy fluid movements in the water. Decrease speed and perform movements which emphasize those muscle groups worked during the session. Maintain proper body alignment during stretching.

Objective: Return heart rate to normal range, prepare the body to leave the water, complete the session, increase flexibility.

The time durations given in “Elements of a Workout” are simply guidelines. The length of the workout should be gauged according to your fitness level and individual needs.

Before You Begin

Consult your physician before beginning AquaJogger® water workouts or any other exercise program. Not all exercises are suitable for all people. You must fully apprise yourself of the risks that may be associated with using these products in the water. Safety must always be a prime consideration and we encourage you to make it a part of your fitness planning. The instructions and advice presented here are not intended as a substitute for medical counseling. The American Medical Association strongly recommends that any individual more than 35 years of age have a complete physical examination before starting an exercise program.

GENERAL GUIDELINES

- Listen to your body. If you experience pain, stop exercising. If the pain continues after you stop exercising, consult a physician. When in doubt, be conservative.
- Know the signs of overexertion: labored breathing, dizziness, loss of coordination, tightness or pain in your chest, nausea or vomiting, and irregularities in your heart rate. If you experience any of these warning signs, stop exercising and get out of the water. Consult a physician before continuing your program.
- It is better to do too little than too much. Work at your own pace.
- Drink water frequently before, during, and after exercise.

SAFETY WARNING

As in all exercise, you must take care to exercise properly and ensure that you are capable of the movement. The AquaJogger® Water Workout is for adult use only. AquaJogger® gear is not certified nor intended to be used as life saving equipment. The buoyancy of the AquaJogger® belt is not sufficient to float a conscious or unconscious person in the face-up position. You should use care to avoid turning your body upside down in the water while using AquaJogger® gear. Inverted use of AquaJogger® gear could result in injury.

Using Your AquaJogger® Buoyancy Belt

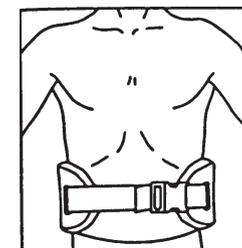
If your AquaJogger® came unassembled, thread the elastic belt through the cutouts. Hold the AquaJogger® vertical (up and down) with the AquaJogger® logo to the right. Start with the buckle end (without the prongs) of the elastic belt, push the buckle down into the first slot and alternately thread it through. Make sure that the adjustable portion of the belt is face up, allowing you to pull on the elastic to tighten the belt.



GETTING THE RIGHT FIT

It is important to correctly position and secure the AquaJogger® onto your body. A snug fit will help you maintain good posture and perform the exercises correctly. If your AquaJogger® is riding up on your body and interfering with your movements, review the following guidelines.

- **REMOVE** slack from the AquaJogger® belt. Position the non-adjustable end of the buckle (without the prongs) directly on the foam. Work all the extra length of the black elastic back through the slots of the AquaJogger® over to the adjustable end. This simple process will allow for greater adjustability and a truly secure fit.
- **POSITION** the AquaJogger® on your lower waist with the narrow "arms" of the AquaJogger® just under your rib cage. Adjust the elastic belt until it is tight around your waist. The belt should be positioned across or just below your navel.
- **ADJUST** the strap until the belt feels almost "too tight." The tight fit feels more comfortable after you enter the water and helps prevent the AquaJogger® from riding up during your workout.



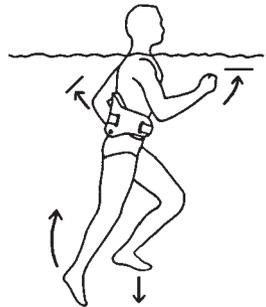
Alternative: You can reverse the AquaJogger® and wear the large area in front, with the buckle in back. This works especially well if you are swimming on your stomach or snorkeling. You can also change the center of flotation by turning the AquaJogger® upside down with the foam hump pointed down rather than up the back. This position is comfortably worn by shorter individuals with smaller back areas.

Posture

Vertical Body Alignment

The key to any safe, effective exercise or movement is correct body alignment. Initially, as you adjust to the buoyancy you may find yourself hunching over in the water. To adapt to this new environment and attain correct body position, lean back slightly and try a small flutter kick with your feet directly under you.

Do not compensate other body parts in order to perform a movement. As you exercise, aim for an even counterbalance between your arms and legs, as when you walk. Vertical body alignment not only protects against back strain, but also strengthens your back, abdominals, and surrounding muscles.

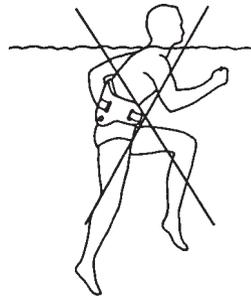


CORRECT Body Alignment

- Head up
- Chest lifted
- Shoulders positioned directly above hips
- Abdominals tight (don't hold your breath!)
- Buttocks squeezed together and slightly tucked under (pelvic tilt)

INCORRECT Body Alignment

- Bent forward at the waist
- Back hunched over
- Shoulders out of line with hips



Care of Your AquaJogger® Equipment

- Rinse your equipment, especially the black belting with fresh water after each use. (Webbed Pro™ Gloves should be rinsed and hung to dry.)
- Avoid exposure to hot sun and other heat sources. Excessive heat may cause the printing on your equipment to fade and the end piece of the Delta Bells® to warp.
- Sharp objects and careless storage may leave impressions in the foam. Most of these impressions are cosmetic and will not affect the AquaJogger's® effectiveness.

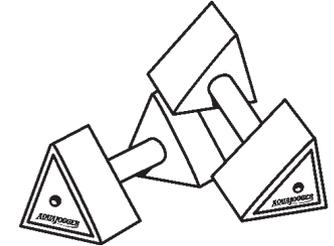
AquaJogger® Accessories

MULTIPLY YOUR WORKOUT POSSIBILITIES

DeltaBells®

Water Resistance Dumbbells

Discover the gym in your pool with versatile hand-held DeltaBells®. Made with soft buoyant foam and comfortable padded grips, DeltaBells® add stability, intensity, and diversity to your deep or shallow water workout. Their unique triangular design allows you to vary resistance and intensity with the turn of a wrist.

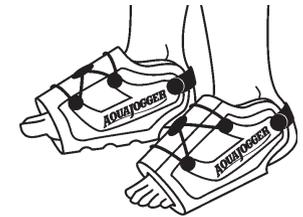


Use DeltaBells® to vary **RESISTANCE**, or to add **BALANCE** and **SUPPORT**.

AquaRunners® RX

Zero-Impact Footwear

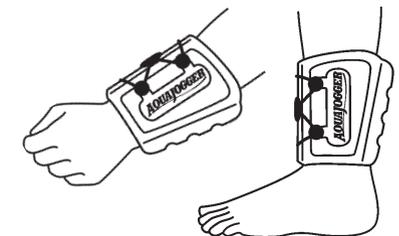
AquaRunners® RX are the first generation of "impact free" footwear. This innovative buoyancy product adds yet another level of intensity to your AquaJogger® program. Use the buoyancy and resistance of AquaRunners® RX footwear to tone and strengthen muscles, build endurance and increase coordination. Made of the same quality foam used in the AquaJogger® Belt, AquaRunners® RX slip comfortably on your feet and feature a rubber strap for a secure fit.



Please note: Your AquaRunners® RX will fit snug when new. However, if the fit is too snug, AquaJogger will send you a more expandable strap free of charge. Please contact AquaJogger directly for assistance at 1-800-922-9544.

X-Cuffs™

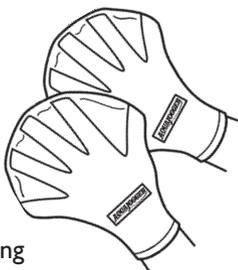
Wear X-Cuffs™ on the ankles as a less-buoyant **alternative** to AquaRunners® RX, or as an **addition** to AquaRunners® RX if increased buoyancy is desired. They can be worn in deep or shallow water to add resistance and buoyancy for a more intense lower body workout. If gripping is an issue, X-Cuffs™ can also be worn on the forearms as an alternative to DeltaBells®. X-Cuffs™ feature a rubber strap for a snug fit.



Webbed Pro™ Gloves

Add intensity to upper body workouts

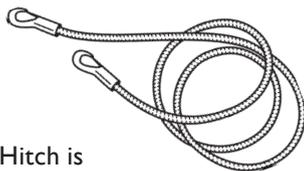
Webbed Pro™ Gloves provide resistance for the upper body. Made of a durable and long lasting polyolefin/lycra material, Webbed Pro™ Gloves have a snug fit that comes in three sizes: S, M, L. Vary the intensity of your workout by cupping or flexing the webbed fingers, or use them for lap swimming.



AquaHitch™

Tether for stationary workouts

Get maximum use from minimum pool space with the AquaJogger® Hitch, a sturdy, five-foot elastic tether with special hook fasteners. The Hitch is designed for use with the AquaJogger® where space is limited or when you want a stationary workout area. The Hitch can also help you focus on exercises without moving around the pool.



Using Resistive Equipment

BEGIN WITH CORRECT POSTURE. Correct body position and muscle control are essential when using buoyancy equipment.

START SLOWLY. Each time you use DeltaBells® or AquaRunners® RX, begin slowly with small controlled movements. As you become stronger and more comfortable in the water, gradually increase the speed of your movements. Pace yourself according to your own capabilities and perceived effort. Listen to your body.

MUSCLE BALANCE. Opposing muscle groups need to be worked equally to ensure muscle balance during the workout. Focus on applying equal force in both directions of the movement.

KEEP JOINTS SLIGHTLY FLEXED. Eliminate full extension of the shoulders, elbows, wrists or knees. These joints should always be slightly flexed to prevent injury.

KEEP THE EQUIPMENT IN THE WATER. You should perform moves that use resistive equipment completely in the water. Eliminate in-and-out-of-water moves, as they can adversely affect joints and muscles.

STRETCH WHAT YOU STRENGTHEN. While flexibility is important in all types of exercise programs, stretching is even more vital when equipment is used. At the end of your workout, stretch all muscle groups worked with resistive equipment.

Illustrated Exercises

*Impact-free exercises
designed specifically for your
AquaJogger® Water Workout Gear*

AquaJogger® Buoyancy Belt

RUNNING AND WALKING

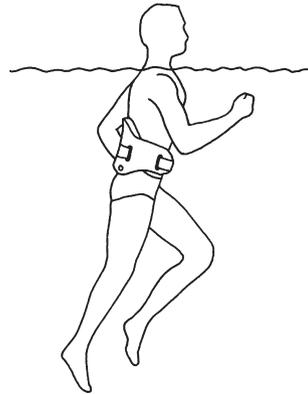
Position your body with your head, shoulders, hips and feet vertically aligned. Using a modified running/bicycle motion, coordinate your leg and arm movements as in running.

Additional equipment: **AR, XC, WP**

Tips

- A *slight* forward lean can be used as you increase your speed in the water, but make sure you lean with your entire body.
- Do not hunch your shoulders, or bend at the hips.
- Cup your hands and push down with your feet flat to increase resistance and intensity.

Variation: Run with high knees.



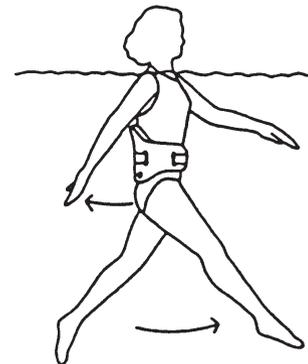
CROSS COUNTRY SKI

Body is vertically aligned and legs and arms are straight. Scissor legs forward and backward from the hip, leading with your toes. Coordinate the arms and legs as in cross country skiing.

Additional equipment: **AR, XC, WP**

Tips

- Lead with fingers and toes.
- Point toes to increase resistance.
- Keep arms fairly straight and move from the shoulder.
- Push and pull arms through the water with scooped hands.
- Keep buttocks and abdominals tight.
- To decrease resistance and intensity, bend knees slightly.



KEY

Additional equipment which could be worn for this exercise:

AR – Aqua Runners® RX; **XC** – X-Cuffs™; **WP** – Webbed Pro™ Gloves

AquaJogger® Buoyancy Belt

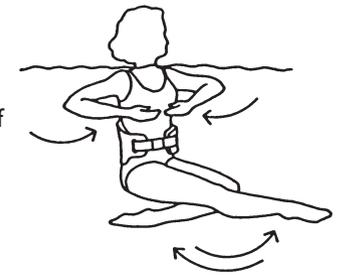
SIT KICKS

Sit as if in a straight back chair with your thighs stabilized. Alternating legs, **kick out from the knee**, then pull your heel back as if trying to kick your buttocks. Try to make the water boil in front of you.

Additional equipment: **AR, XC, WP**

Tips

- Focus on keeping your thighs still, as if they are resting on a chair seat.
- Scoop the water in toward your chest with your arms, or try other arm variations.
- Point toes to increase resistance.



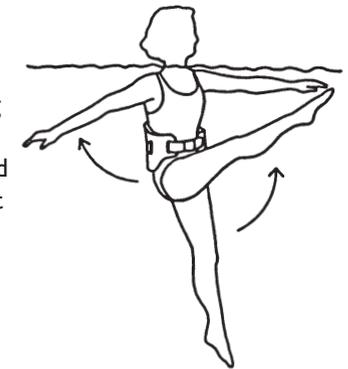
STRAIGHT LEG TOE TOUCH

Body is in a vertical position. Keeping legs straight, bring each leg near the surface and return it to the starting position. Alternating left and right, reach for toes with your opposite arm and bring the other arm behind you like a hurdler. This is a strong movement and is not recommended for people with back pain.

Additional equipment: **AR, XC, WP**

Tips

- Tighten buttocks as you push each leg down.
- Tighten abdominals as you pull each leg up.
- Lean back slightly as you reach.
- Focus on how hard you kick, not on how high.
- To decrease resistance bend knees slightly.



AquaJogger® Buoyancy Belt

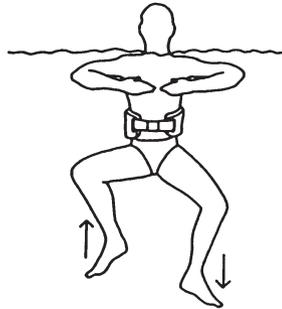
TIRES

This move is similar to the football drill of running through two parallel lines of tires. The body is open and vertical. Have your legs turned out and feet flexed as you alternate pushing down with each leg.

Additional equipment: **AR, XC, WP**

Tips

- Try breast stroke arms, or scoop the water in toward your chest.



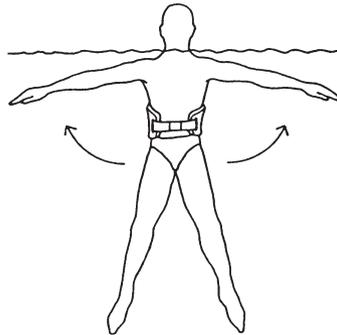
OPEN & CLOSE

Begin with vertical posture, arms and legs straight and toes pointed down toward the bottom of the pool. Open and close arms and legs by extending straight limbs out to the sides of your body and returning them to the starting position.

Additional equipment: **AR, XC, WP**

Tips

- Keep your buttocks tight; this will help you avoid hyper-extending your back.



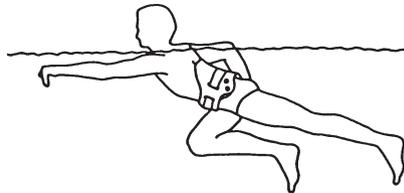
ROCK CLIMB

A full-body exercise similar to running except the movement is like climbing a ladder diagonally. Reach forward with one arm into the water and then pull it through past your hip. Bring your opposite knee forward toward your chest and, at the same time, push the other leg straight back until it is fully extended.

Additional equipment: **AR, XC, WP**

Tips

- Cup your hand to increase resistance.
- Do not position your body horizontally as in swimming. Instead, lower your hips so you are working at an angle.
- When you pull your knees to your chest, tighten abdominals.



AquaRunners® RX add another level of buoyancy-created resistance when worn during a deep water workout. The exercises outlined in the AquaJogger® Buoyancy Belt section on pages 14-16 which are marked with an **AR** would all be appropriate for use of AquaRunners® RX.

USING AQUARUNNERS™ RX

- While sitting on the side of the pool, wet the AquaRunners® RX and slide them onto your feet. Adjust the rubber strap for a secure fit.
- You may find it helpful to hold AquaRunners® RX just below the water surface to help glide them onto your feet.
- AquaRunners® RX are designed to be worn **only while suspended** in water. It can be *slippery* and *unsafe* to wear the footwear in shallow water (where you touch the pool bottom), on the pool deck, or on land.
- AquaRunners® RX are only for use in deep water. Avoid walking in them.
- We recommend that you become comfortable with the AquaJogger® Buoyancy Belt before adding the resistance of AquaRunners® RX.
- You may find it helpful to use DeltaBells® for support and balance when you first try AquaRunners® RX.

AquaRunners® RX add resistance and intensity and therefore are **NOT** recommended for those who:

- have knee or back trouble
- are recovering from injury
- have difficulty maintaining the correct posture while using the AquaJogger® Buoyancy Belt.

X-Cuffs™

Use X-Cuffs™ for deep or shallow water exercise. Wet the X-Cuffs™ and slide them onto ankles or forearms. Adjust the rubber strap for a secure fit.

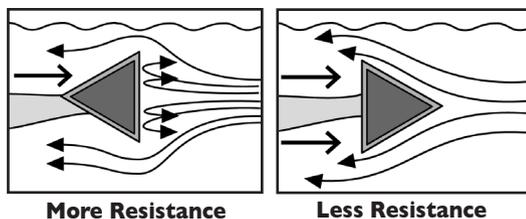
Ankles: Wear X-Cuffs™ as an *addition* (increased buoyancy) or an *alternative* (less buoyancy) to AquaRunners® RX during any of the exercises on pages 14-16 marked with an **XC**.

Arms: X-Cuffs™ can be worn as an *alternative* to DeltaBells® by individuals who have problems with gripping for any of the exercises on pages 18-23 marked with an **XC**.

DeltaBells® (Also AquaJogger® AquaFit Barbells)

Grip the handle of the DeltaBells® as you would a dumbbell. Use a light grip and relax your fingers occasionally. You can use DeltaBells® for two different functions: resistance and support/balance.

Resistance: Hold the DeltaBells® below the water's surface when targeting upper body movements. To maximize resistance, push the flat sides through the water. To minimize resistance, push the pointed ends of the triangle into your exercise movement. The faster you move the DeltaBells®, the greater the resistance and intensity of your workout.

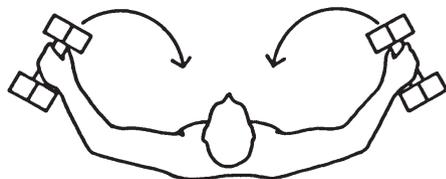


Support/Balance: A large range of exercises are also possible when you use DeltaBells® only for balance and support. Rest the DeltaBells® on the water's surface and keep your arms in a relaxed position while you focus on abdominal or leg movements.

Arms

SWEEP IN

With DeltaBells® just below the water surface and arms held out to the sides, sweep arms forward and pull DeltaBells® straight back toward chest. Extend arms out to your sides and repeat.



Substitute equipment: **WP, XC**

KEY

Substitute equipment which could be used for this exercise **in place of** DeltaBells®:

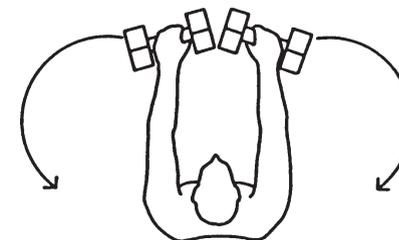
WP – Webbed Pro™ Gloves; **XC** – X-Cuffs™

DeltaBells®

BREAST STROKE ARMS

Begin with DeltaBells® just below the water surface and arms relaxed at your sides. Extend arms directly in front of your body and sweep out to the sides. Return DeltaBells® to the starting position and repeat.

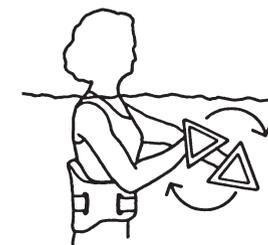
Substitute equipment: **WP, XC**



BICYCLE ARMS

With elbows bent and DeltaBells® submerged in front of your chest, vigorously roll DeltaBells® in a bicycle motion. Reverse direction.

Substitute equipment: **WP, XC**

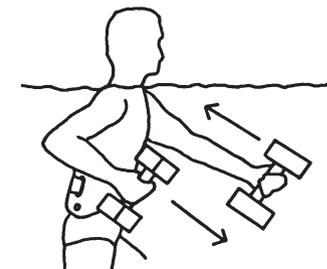


PUNCH OUT

With body slightly leaning forward, punch arms downward and away from chest.

Exercise Variation:

- Use both arms together to maximize resistance.

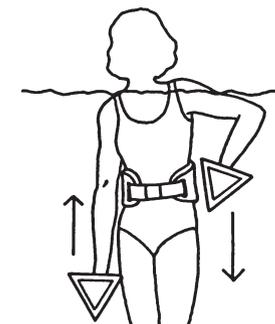


PUNCH DOWN

With elbows bent and DeltaBells® held in at your sides, alternate pushing DeltaBells® down into the water. Keep movements close to your sides.

Exercise Variation:

- Use both arms together to maximize resistance.



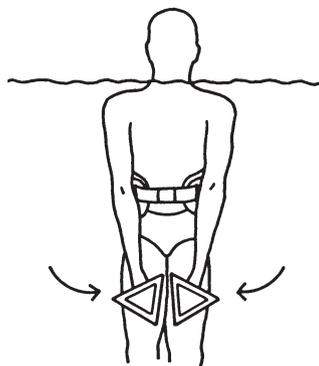
TOUCH IN FRONT / TOUCH IN BACK

With DeltaBells® submerged at your sides, bring both DeltaBells® together touching in the front of your body. Bring DeltaBells® around your body, touching in back.

Substitute equipment: **WP, XC**

Tips

- To increase intensity - straighten arms.
- To decrease intensity - bend elbows.
- Keep the movement low, with DeltaBells® moving around waist level.



SCOOP UNDER

With DeltaBells® near to the water's surface and arms held out to your sides, alternately flex and extend arms at your elbows as you pull DeltaBells® in toward arm pits.

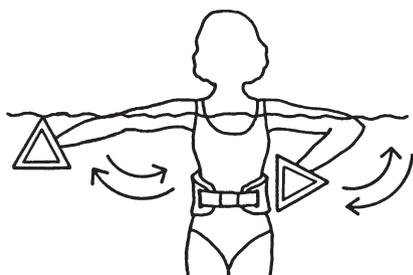
Substitute equipment: **WP, XC**

Exercise Variation:

- Use both arms together to maximize resistance.

Tips

- Do not let DeltaBells® break the water's surface.
- Do not scrunch shoulders.



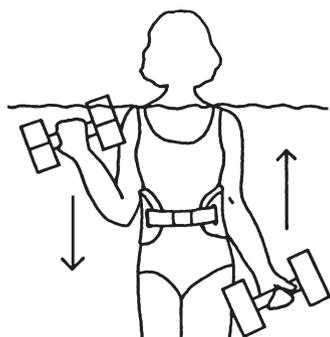
CURLS

With elbows bent and arms held tightly at your sides, alternate pulling equipment down into the water. Vary moves by gripping DeltaBells® palm up or palm down.

Substitute equipment: **WP, XC**

Exercise Variation:

- Use both arms together to maximize resistance.



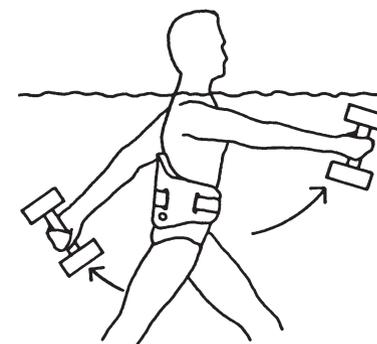
CROSS COUNTRY SKI

With DeltaBells® held close to your sides, alternate swinging straight arms in front and in back of your body.

Substitute equipment: **WP, XC**

Tips

- Keep equipment close to your sides.
- Maintain good posture.
- Swing your legs cross country ski style for balance.
- Lead with the DeltaBells®.
- To decrease intensity – bend elbows and decrease range of motion.



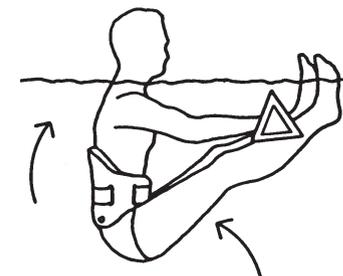
Abdominals

Guidelines:

- Focus on pulling your abdominal muscles in and exhaling during the contraction.
- Concentrate on squeezing your buttocks tight when you release the movement.
- **Modification:** If you experience any discomfort when using a reclined position, try the moves in a vertical position.

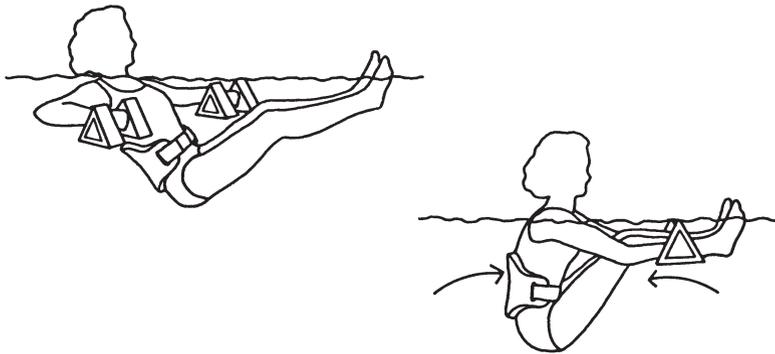
JACK KNIFE

Assume a reclined position with hips submerged and lower legs at the surface. Using your abdominal muscles, curl forward lifting chest toward knees. As you gain strength in your abdominals, focus on keeping your legs straight and maintaining lower leg position.



CRUNCH

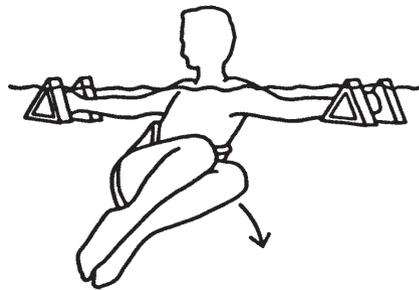
Assume a reclined position with hips submerged, knees bent, and lower legs at the surface. Using your abdominal muscles, curl forward reaching chest and knees toward each other. Extend and repeat.

**Tips**

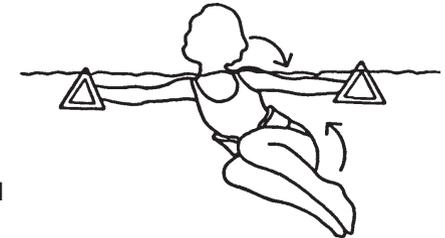
- Avoid straining forward with your neck.
- Keep toes above the surface.
- Remember to breathe during the movement. Do not hold your breath!
- Variation: Alternate reaching with one leg at a time.

**OBLIQUES
(Double Knee Twist)**

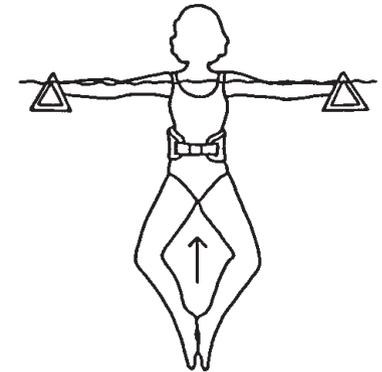
Assume a reclined position with legs together and knees bent. Twist knees to one side. Keeping legs together, twist to the opposite side.

**CROSS OVER CRUNCH**

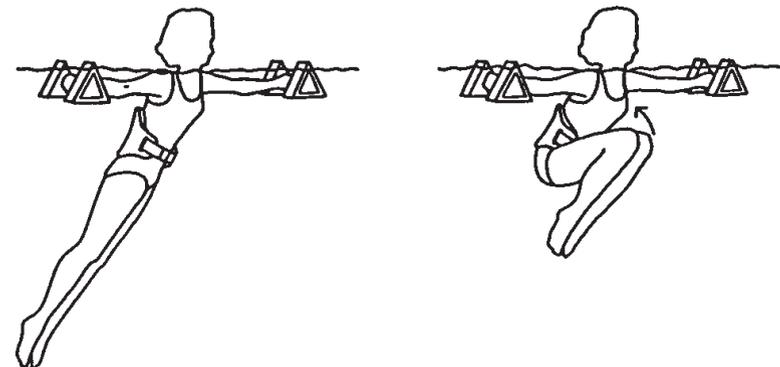
Lie on your side with knees drawn in toward chest. Focus on crunching (or pulsing) in at your side as you pull both upper and lower body in toward your waist. Change sides and repeat.

**DIAMONDS**

Begin with body in a vertical position, bottoms of your feet pressed together, and knees turned out from the hips. Lift and lower heels, squeezing buttocks on the lowering motion.

**DOUBLE KNEE TUCK (Front Facing Down)**

This move is similar to double knee crunch except the body is positioned with the front facing down. Holding your DeltaBells® at your sides, pull bent knees up to your chest, tightening your abdominal muscles. Extend legs while squeezing buttocks tight.



Webbed Pro™ Gloves

Webbed Pro™ Gloves add intensity to upper body movements and can be used with many of the moves in this Workout Guide. Suggested exercises are listed below and have been identified in the appropriate exercises with the letters **WP**.

AquaJogger® Buoyancy Belt section:

- Running and Walking
- Sit Kicks
- Tires
- Rock Climb
- Cross Country Ski
- Straight Leg Toe Touch
- Open & Close

DeltaBells® section:

- Arms Sweep In
- Bicycle Arms
- Scoop Under
- Breast Stroke Arms
- Touch in Front/Back
- Curls

Webbed Pro™ Gloves amplify the pull of a swim stroke, increase the workload and provide a better “feel” for the water

USING WEBBED PRO™ GLOVES

The webbing system between the fingers consists of a thin, flexible sheath that catches and cups the water, resulting in up to 100 percent more resistance than swimming with bare hands.

The amount of resistance can be adjusted by:

- Increasing or decreasing the speed of each exercise
- Spreading the fingers to present more surface area to the water and increases resistance.
- Cupping or making a fist with the fingers to vary the surface and the amount of resistance presented.



Care:

Remember to peel from the wrist when removing your gloves. Never remove your Webbed Pro™ Gloves by pulling at the finger tips. Rinse with fresh water after each use and hang dry.