

# AQUACISE WEIGHT LOSS PLAN

DRPENNY WEIGHT LOSS SERVICES DIETSMART WEIGHT LOSS CLINIC

Name \_\_\_\_\_ Start Weight \_\_\_\_\_ Start Date: \_\_\_\_\_

## Rehabilitation Concerns:

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EXERCISES	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.
<b>Core/Tone/Posture</b>															
(legs up over edge of pool)															
Elbow Crunches	1	x8		1	x8		2	x8		3	x8		3	x8	
Rotate Crunches	1	x8		1	x8		2	x8		3	x8		3	x8	
Reach Crunches	1	x8		1	x8		2	x8		3	x8		3	x8	
Pulsate Crunches	1	x8		1	x8		2	x8		3	x8		3	x8	
<b>Lower Core/Arms</b>															
(hands holding edge of pool, back up against the pool wall)															
Knees to chest	1	x8		1	x8		2	x8		3	x8		3	x8	



## Rehabilitation Training Instructions:

### Core/Tone/Posture Exercises

- Body Position – both legs are draped over the edge of the pool while your body/back is floating on the water
- Core is engaged/contracted to control and support your head, neck, back and trunk comfortably.
- Keep hand where you feel comfortable, there are many modifications – hands behind head, crossed on chest, elevated above the body, or extended to reach and touch toes.
- Breathing – control your breath in on the preparation and exhale on the workload, never hold your breath
- Legs are firmly secure on pool deck, with feet flexed upon during work, and relaxed on the release
- Engagement of the CORE is a must for maximum conditioning results – squeeze belly button into the spine the whole time

### Lower Core/Arms Exercises

- Body Position – place back against the wall of the pool, hands will grip the edge of the pool wall at your neck, submerge and relax
- This series of exercise can be done in deep or shallow water
- Keep core engaged, and back up against the wall of the pool at all times
- Control breathing – ex. Exhale when bringing knees up towards the chest and breath on the release, repeat
- Every movement should feel controlled, and comfortable.
- Keep the tummy tight, belly button tight into the spine to keep the back in correct posture to engage the lower ab muscles

### Core/Arms/Trunk Exercise

- Body Position – both hands are gripped onto the edge of the pool, elbows pressed up against the pool wall, trunk and legs will line up like a pencil in deep water
- Core Control – engage core to support an elongated body with shoulders, hips, knees & ankles lined up as one – like a pencil
- Posture – good body alignment, engage the core, arms are supporting the pencil shape body while you're ready to add exercises
- Hips Movement – legs open wide, legs close into a rear extension, and rotate into the side scissors
- Control each movement using a strong core, each exercise is slow and controlled to work hips, butt, and thighs muscles
- Breath deep, and exhale on the workload, do not hold your breath

### Cardiovascular Conditioning – Fat Burning

- Warm up for 10 min, stretch the major muscles – shoulders, back, legs
- Maintain a Training Target Heart Rate for a min 12 min
- This conditioning workout must be done min 3x a week to successfully burn stored body fat
- Track workouts in a Workout Log – to see progress or program inconsistencies
- Love the many benefits of aqua exercises for long term weight loss and total body wellness.

