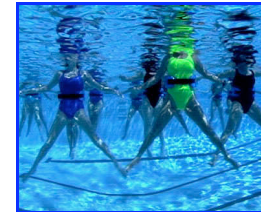




*The more specific we are about our moves,
the more effective our workouts.*



Increase the intensity of your water workout!

WATERGYM® STROKE ANALYSIS CHART

This chart is an intensity-increasing tool created for those needing a more challenging workout.

It identifies the qualitative ways that our arms and legs move or "stroke" through the water and how to increase STROKE intensity.

Every movement or STROKE is an opportunity for calorie burning and improving one or more aspects of physical fitness;

- Muscular Strength
- Muscular Endurance
- Flexibility
- Cardiorespiratory Endurance
- Body Composition

STROKE QUALITIES	INCREASE INTENSITY BY:	FITNESS EMPHASIS	COMMON MISTAKES
<p>SPEED, POWER & FORCE</p> <p>Identify how much speed, power and force to exert</p>	<p>Exerting more speed, power & force in a variety of ways including intervals and speed drills</p>	<ul style="list-style-type: none"> • Muscular Strength • Muscular Endurance • Cardiorespiratory Endurance • Body Composition / Calorie Burning 	<ul style="list-style-type: none"> • Exerting more speed, power & force but shortening levers to minimize drag surfaces • Exerting more speed, power & force but without proper form & technique, increasing risk of injury • No pre-determined intention, diminishing results
<p>SURFACE AREA</p> <p>Identify where the "drag surfaces" are on limbs</p>	<p>Feeling the resistance of the water on the maximum surface area of limbs</p>	<ul style="list-style-type: none"> • Muscular Strength • Muscular Endurance • Cardiorespiratory Endurance • Body Composition / Calorie Burning 	<ul style="list-style-type: none"> • Not utilizing the maximum surface area possible throughout entire stroke • Slicing versus drag-creating (form drag) • Not feeling the relationship between the different surface areas of the limbs
<p>ROM</p> <p>Identify range of motion of limbs</p>	<p>Driving limbs on a clear, concise, pre-determined path, using entire surface area during complete ROM</p>	<ul style="list-style-type: none"> • Muscular Strength • Flexibility 	<ul style="list-style-type: none"> • Not moving entire limb through full ROM • No awareness of posterior ROM
<p>LEVER</p> <p>Identify if lever is fixed or dynamic</p>	<p>Maintaining integrity of lever throughout entire stroke whether fixed or dynamic</p>	<ul style="list-style-type: none"> • Muscular Strength • Muscular Endurance • Flexibility 	<ul style="list-style-type: none"> • Angle of lever shortened, minimizing drag surfaces • Integrity of lever not maintained throughout entire stroke
<p>DIRECTION</p> <p>Identify which direction to move limbs</p>	<p>Driving limbs on a clear, concise, pre-determined path, focusing and feeling specific muscle groups</p>	<ul style="list-style-type: none"> • Muscular Strength • Muscular Endurance • Flexibility 	<ul style="list-style-type: none"> • Path direction changes during stroke • Path direction unclear and sloppy • Ignoring beginning or end of stroke
<p>DURATION</p> <p>Identify how long to perform each exercise</p>	<p>Performing each exercise for an appropriate duration for desired results</p>	<ul style="list-style-type: none"> • Muscular Strength • Cardiorespiratory Endurance • Body Composition / Calorie Burning 	<ul style="list-style-type: none"> • No pre-determined duration, resulting in performing fewer repetitions than needed to be effective • Duration too long, increasing possible risk of injury & improper form & technique

For excellent aquatic exercise equipment, videos & workout tips... And a free article on how to use this poolside chart, visit us at:

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