

Resource material: Aauafitness

### ***GUIDELINES FOR AQUAFIT***

- Water temperature should be between 26-29° C.
- Water level should be at chest height.
- Establish a breathing pattern with every exercise — inhale on the up and exhale on the down. Exhale on the forceful motion and inhale on the recovery motion.
- Stabilising positions
  - Standing: feet apart or one foot in front of the other.
  - Bar prone position: hold bar with two hands over-hand, under-hand or one hand on top, other below.
  - Bar supine position: extend arms out to side or reach over shoulders and grasp bar.
- Music may be used as background and is helpful in enhancing motivation.

### ***POSSIBILITIES FOR OVERLOAD***

- Aerobic Activities:
  - Increase the time spent on each exercise.
  - Decrease the rest interval or make it more active.
  - Increase the level of activity (e.g. walk up to jog).
  - Increase the speed of the exercise from slow to fast.

