

Spongex Product Demo
Sponsored by Kiefer & Associates

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INTRODUCTION TO SPONGEX EQUIPMENT

Spongex products have various uses which is an important factor when choosing what equipment to purchase for your facility. These versatile hand bars, cuffs and belts can be used to take advantage of water's buoyant and resistive properties.

Hand bars and cuffs can both be used on the upper extremity to increase intensity of movement towards the pool bottom by working against buoyancy. These same pieces of equipment can challenge the stabilizing muscles of the shoulder and trunk when used in the transverse plane working against water's resistance.

The Spongex belt is ideal for a wide variety of body types to maintain neutral alignment when suspended in deep water and it is best noticed for its superior comfort. The form fitting belt allows participants to move in various planes with comfort and ease to challenge the body in different planes of movement. This equipment can also be removed from the trunk and used to challenge core stability by sitting or kneeling on the belt.

All of these products can be used for both cardio and muscular conditioning while taking advantage of buoyancy and resistance. Listed below are various movement ideas and choreography patterns to help you build your programs using Spongex equipment.

PART A: SHALLOW WATER MOVEMENT OPTIONS

Hand bars used for resistance training in the transverse plane

1. Stir the pot – single hand bar in circular movement parallel to the pool bottom. Shoulder stabilization, movement in the transverse plane. Movement can also be performed in the reverse direction. Movement can be done with two hand bars stirring inward or outward.
2. Transverse shoulder abduction / adduction – double hand bar movement parallel to the pool bottom. Shoulder stabilization, movement in the transverse plane.
3. Internal and External Shoulder Rotation – keep the elbows positioned under the shoulders and the scapula depressed.

Hand bars used for resistance training in the sagittal plane

1. Cross country ski – arms perform a double arm row (push arms to the front & pull back sliding elbows alongside the ribcage).
2. Leg stays in 90 degree angle, hip flexion and extension. Use one hand bar shoulder flexion extension (using same arm as leg). Then, use two hand bars shoulder flexion extension.

Hand bars used while traveling for resistance & buoyancy

1. Wide jog lateral travel – trailing arm performs elbow flexion/extension in a scooping movement using a hand bar
2. Wide jog lateral travel – trailing arm performs a cross body diagonal punch to the pool bottom

PART B: DEEP WATER CHOREOGRAPHY OPTIONS

When the belt is secured around the trunk movement can be performed in the various positions:

1. Vertical
2. 45 degree angle
3. Supine
4. Seated

Cuffs can be added on the ankles for added resistance.

Cardio 1 – Movement in a vertical & seated position

Ski x 3 – tuck

Power Jack

Seated hamstring curl x3 – tuck

Power Jack

Cardio 2 – Movement in vertical position & on a 45 degree angle

Hurdles - 3s

Straight leg kick & scoop traveling backwards

Power run forward

Cardio 3 – Movement to challenge core stabilization

Front kick R / Back Kick L – switch

R Back kick

R - Back kick – ski – ski x 8

L – Back kick

L - Back kick – ski – ski x 8

Cardio 4 – Lateral traveling movement

Front seated hamstring curl

Corner seated hamstring curl

R - Corner hamstring curl & travel

R - Ankle reach & travel L

Repeat in reverse

Muscular Endurance Options in vertical position

**cuffs can be used around distal end of the forearm instead of hand bars for participants that need less resistance or that have difficulty gripping equipment*

Diagonal straight leg pull-down (wearing cuffs)

Shoulder depression (using handbars – shoulder stabilizer focus)

Elbow flexion/extension (using handbars – triceps focus)

Shoulder ab/adduction (using handbars – latissimus dorsi focus)

Core Stability Options

Sit on belt – pelvic tilts – forward, back, side to side and in circular movements

Kneel on belt – travel across the pool

PART C: SHALLOW WATER CHOREOGRAPHY OPTIONS

Core Stabilization & Muscular Endurance Options

Equipment: One hand bar

Progression: Complete each movement 10-15x, repeat set 2-3x

Water depth: Shallow

Format: Muscular endurance

Intensity: Moderate - use of buoyancy and resistance

1. Trunk rotation **legs in wide stance, rotate side to side*
2. Pass the bar under alternating legs **legs in wide stance, lift leg as you pass bar under*
3. Golf swing **shoulder dips side to side, heel lifts off the pool bottom as you rotate*
4. Wide tucks **bar in front, small range of motion, land tempo tucks*

Cardio Movement Options

Cardio 1 – Wearing cuffs around the ankle for added resistance

Leg Curl

Heel dig front – toe tap slightly posterior

Leg Swing (increase lever)

Leg Curl / Swing (increase intensity by adding acceleration)

Tuck

Jack traveling back

Cardio 2 – Wearing cuffs around the ankle for added resistance

Power Jack

Jack – power tuck – wide kick – tuck suspend

Power Jack – suspend

8 R-corner leg curls – pogo tuck – repeat on L (pyramid 4 – 2 – 4 – 8 counts)

Inward jacks

Cardio 3 – Handbars & Cuffs

Travel right

Wide jog – x diagonal punch

Wide jog – travel straight arm & scoop

Ski – double punch “row” forward

Repeat travel left

Cardio 4 – Handbars & Cuffs

CC ski – bent arm pull – level 2 or 3

CC ski – straight arm pull – turn half circle

Wide jog – bicep curl lead arm – side travel

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