

Stretch Fusion II: ROM & Core Training Concepts

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The concepts presented in this workshop can be integrated into your fitness programming in various formats. In pools having a temperature equal to or greater than 86 degrees Fahrenheit the program can be used in its entirety as outlined below. For cooler temperatures integrate into a circuit format; add acceleration and travel options for thermal regulation; or choose one or two sequences for a fabulous finish to any workout!

Originally designed for water, the movements can also be modified for an alternative land training program intended to improve muscular strength and endurance, balance, and flexibility. The options are endless as you use your creativity to adapt this program to meet the needs of your students and your environment. Have fun with it and enjoy!

Segment A: BALANCE & CORE STABILIZATION

A1 - Warm Up

Focus: small ROM, fluid movements, weight transfer in all planes, and attention to breath
Wide center stance – Clasp hands together (prayer) push wide out to the side
Lunges (back, back-diagonal, side)
Lunge stance – draw arms back (close to the trunk) and circle around to the front “hug the water”
Lunge stance – bow and arrow (draw one arm back and circle around to the front)
Fluid knee swing – flexion/extension and internal/external rotation
Repeat on opposite side
Wide center stance – scapular retraction

A2. Balance & Core Stabilization

Focus: Balance; stabilization of the ankle, knee and hip; integrate movement using buoyancy support; gradual increase in ROM; particular attention to alignment; introduce first yoga posture =TREE
Tree Pose

- Knee flexion/extension (slight external rotation at the hip) **Cool Pool Tip – Add acceleration**
- Dancer (small ROM)
- Chair (teaching tip*switch to other leg for support here for next move)
- Warrior III – double arm shoulder extension with circle back to start position

Teach series of movement on the right side and repeat on the left

Teach a + b + c + d

NEW a = (diagonal hip extension) + b + c + d

Diagonal hip extension + b = Dancer full ROM + c (add heel lifts) + d (reverse arm movement)

Diagonal hip extension + b = hip hinge forward + NEW c= squat and side leg lift + NEW d =warrior III
swing leg forward and perform single leg mini squat

Segment B: MUSCULAR ENDURANCE

B1. Muscular Endurance

Focus: Shoulder and hamstring ROM; movement all planes of movement

Warrior II

- Combo: Front facing warrior II / UE PNF D2; AND ¼ turn –horizontal adduction/adduction
- Leg swing **Cool Pool Tip – Add acceleration**
- Hamstring stretch
Repeat combo (a)
Repeat leg swing (b)
- Hip flexion (small end ROM)
- Deep stretch for hamstrings on the supported leg and hip flexors on the unsupported leg

B2. Muscular Endurance

Focus: Abdominal bracing; add repetitions accordingly using “progressive overload”

Warrior III (airplane)

- a. Back kick/knee lift - double arm shoulder flex/extension *Arms pull wide and slice up close to the body (*progression -> touch behind to kick behind*) **Cool Pool Tip – Add jump on knee lift**
- b. LE PNF D2
- c. Warrior III – hip extension (from the floor to neutral spine) *squeeze gluts at extension / AND shoulder abduction
- d. Invisible hurdle - Leg circle and step-slide to start position (counter clockwise on left leg / clockwise on right leg)

B3. Advanced Muscular Endurance

Focus: Abdominal and Back muscular endurance; progress from wide stable support to a less stable narrow base of support (tandem or single leg); progress to completing movements with the eyes closed; use options to create challenge on your own or with a partner through use of turbulence.

Segment C: FLEXIBILITY & RANGE OF MOTION

Focus: Take advantage of buoyancy to further enhance the stretch; don't be afraid to use the infinite number of angles available to move; fluid dynamic movement from one move to the next combined with static stretch to improve flexibility.

C1. Range of Motion

Warrior II

Side angle pose

Half moon

Reverse warrior (lean back)

Lunge – water wheel

Walk feet together (heel and toe)

Forward twisting bend = Center stance (feet close together) – side to side twist and hold

Repeat on the other side

C2. Flexibility & Range of Motion

- a. Eagle Pose
- b. Warrior III – Fluid shoulder flexion/extension
- c. Warrior I (lunge) – double arm UE PNF D1
- d. Leg Circles (cue behind the body)
- e. LE PNF D1

Repeat on the other side

C3. Flexibility & Relaxation

Warrior III (Right)

Warrior III – both arms shoulder flexion (slice up/palms down = keep close to the body)

Warrior I – spinal rounding leading with the back of the hand

Warrior I – gastrocnemius/soleus stretch

Warrior I – reach across front leg – cervical rotation in opposite direction

Figure 4 stretch

Step facing front into center stance – trunk rotation (lead with hips and use small ROM) *isometric abs

Center stance – alternate sweeps leading with the back of the hand

Narrow Center stance – pectoralis stretch (camel pose)

Warrior III (Left)

Warrior III – both arms shoulder abduction (slice down/back of palms up)

Warrior I – spinal rounding leading with the back of the hand

Warrior I – gastrocnemius/soleus stretch

Warrior I – reach across front leg – cervical rotation in opposite direction

Figure 4 stretch

Face forward center stance – rock from heels to toes

Narrow center stance - Inhale arms to water's surface/exhale spinal rotation and hold

I hope you enjoy the benefits of Stretch Fusion II.