



Course Title: **Water Walkers: Upper Torso and Core**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.2  
(2 Hours) Approved and Accepted by several additional organizations.

Continuing Education:

To receive continuing education for this course you must receive a 75% or higher score on a multiple choice quiz.

Author:

**June M Chewning, MA**

June M. Chewning, BS (Physical Education / Biological Sciences) MA (Exercise Physiology / Health Enhancement) has been presenting educational health/ wellness lectures and fitness classes to corporations, the community, and fitness professionals since 1985 both in the U.S. and Internationally. June serves on the Aquatic Exercise Association Research committee and is recipient of the AEA 1995 Achievement Award, and 2001/2009 Contribution to the Aquatic Fitness Industry Award. She serves as adjunct faculty for Cincinnati State College, developing and teaching several courses for the Health Fitness Technician degree program for aquatics, personal training, special populations and assessment and prescription. June has taught fitness classes since 1978, active in personal training, and owned and managed a full service fitness center for 18 years. She is President of Fitness Learning Systems, a home-study eLearning continuing education company for health-fitness professionals. She specializes in educational formatting and programming.

Course Introduction:

Water walkers are typically worn on the feet for a cardiorespiratory workout and for muscular conditioning for the legs and hips. Conditioning for the upper torso is left to arm movements in combination with the legs.

This course takes the water walkers off the feet and onto the hands for an upper torso and core workout that is hard to beat. This workout is best performed standing in shallow water with no flotation equipment. Enhance your lower torso Water Walker workout with some great upper torso and core training options with drag resistance that takes on a whole new dimension.

## Objectives:

After completing this course you will be able to:

1. Discuss proper wear and use of water walkers.
2. Discuss aquatic resistance training methods and recommendations.
3. Describe drag resistance and drag equipment and how it works in the water.
4. Explain how water walkers provide resistance and options for adapting intensity when using water walkers for resistance training exercise.
5. Discuss 6 training tips for water walker resistance training.
6. Describe how to safely and effectively perform 11 water walker resistance exercises for the upper torso and variations when provided.
7. Describe how to safely and effectively perform 8 water walker resistance exercises for the core.

## Outline:

About Water Walkers

Installation of Straps

Proper Wear and Use

Aquatic Resistance Training

General Resistance Training Methods

Aquatic RT Recommendations

Water Depth/ Pool Floor

Water Temperature

Drag Resistance

Water Walker Resistance Training

WW Resistance

Adapting Intensity

Training Tips for WW Resistance Training

Water Walker Exercises

Upper Torso

Flexion/Extension

Abduction/Adduction

Horizontal Adduction/Abduction

Push Down: Side

Push Down: Front

Push Front

Figure 8

Forearm Curls

Elevated Forearm Curls

Shoulder Rotation

Forearm Rotation

Core

Standing Crunch Progression

Torso Rotation

Sweep Front and Back

Sweep Right and Left

1 Arm Sweep Progression

Figure 8 Core

Lateral Oblique Press

Front Press

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