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THE PHASES OF A WATER WORKOUT INTO FITNESS PROGRAM

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Abstract: *The water workout is designed to enhance physical fitness, elevate physical capacity, and improve overall health and quality of life. To realize the potential gains from workout – including cardio-respiratory endurance, body composition, flexibility, muscular endurance, and muscular strength – should construct a program according to a physiologically determined format.*
Keywords: *Water workout, fitness, physical capacity, aerobic exercise.*

INTRODUCTION

Is important to build an understanding of the basic principles that affect your body's ability to became more fit and enhance functional capacity. Fitness principles provide the fundamental tools for enhancing your level of fitness. Use these tools to make sound workout choices and effective fitness plans, whether you are introducing fitness into your lifestyle or adding water workouts into your existing fitness program. Tissues adapt to the loud to which they are exposed. Therefore, to become more fit and increase functional capacity, use the *overload principle*. The muscles, including the heart, get stronger if you gradually place greater demands on them than they are used to performing.

The overload principle refers to this dynamic characteristic of living creatures. If a tissue or organ system is challenged to work against a load greater than usual, it becomes more fit and capable (as long as the challenge is not excessive enough to cause injury and the technique is safe and appropriate).

The variables that contribute to overload include frequency, intensity, type and time (duration) of the exercise, sometimes referred to as FITT principle. The key for success is to increase in only one dimension (frequency, intensity, or duration) at a time and by a small margin, 5 to 10 percent of the previous level. If you are trying out a new type of exercise, start out with lower intensity, shorter time, and perhaps less frequency than you would with a form of exercise that you have been engaging in regularly for some time.

The reversibility principle says that your fitness level gradually declines if you became inactive. If you do not exercise a system, muscle, or organ sufficiently and regularly, you can lose your fitness adaptations.

Exercise specificity means that you must perform an exercise activity that specifically works the fitness component, body system and muscles that you want to enhance. For example, you must perform aerobic exercise activity to strengthen the aerobic energy system, burn fat, or increase the endurance of the cardiovascular system; you perform hamstring flexibility exercises to increase the flexibility of your hamstrings.

CONTENT

The water workout is designed to enhance physical fitness, elevate physical capacity, and improve your overall health and quality of life. To realize the potential gains from your workout – including cardio respiratory endurance, body composition, flexibility, muscular endurance, and muscular strength – you should construct your program according to a physiologically determined format. This format gradually introduces the musculoskeletal and cardiovascular system to greater challenge, thus reducing the risk of soreness, injury or illness.

The phases of a water workout are:

1. Thermal Warm-Up. Each time you exercise, begin with a warm-up routine of movements with low to moderate speed and range of motion. The movements help you into your body and increase blood flow to your muscles. During the Thermal Warm-Up, your muscles increase somewhat in temperature and become more elastic as a result of increased blood flow to the working muscles. The Thermal Warm-Up elevates your body' energy production rate, increases blood flow and oxygen to the working muscles, and improves the responsiveness of your muscles prior to stretching.

2. Warm-Up Stretch. Warm muscles stretch easier. Stretching warmed muscles feels better than stretching muscles that are cold, and stretching reduces the risk of injury. Hold a steady, static, nonbonding stretch, and lengthen the muscles only to the point of comfortable resistance. Limit your warm-up stretches to 10 seconds each to avoid overstretching.

3. Aerobic Exercise. Aerobic exercise improves cardio respiratory endurance and body composition. The aerobics component consists of continuously performed large movements that keep your heart rate elevated into the aerobic target zone. Start with an aerobic warm-up of mild intensity to let your body adapt to the demand of the cardio respiratory exertion and to prevent an adverse response to the shock of sudden high-intensity activity. Gradual cool-down activity end of aerobic exercise is essential because it gradually reduces your heart rate end prevents pooling of blood in your arms and legs.

4. Muscle strengthening and Toning. If you position the aerobic section of your workout before muscle strengthening and toning, your stabilizer muscles will be ready and able to do their job properly during aerobics rather than being already tire , because strengthening exercises take your muscle to the point of fatigue. These exercises increase muscular strength and endurance in specific, increase lean muscle tissue mass, improve body composition, and raise your rate of metabolism.

5. Final Cool-Down Stretch. The water workout sequence ends with a final cool-down consisting of stretching and relaxation exercises to reduce your heart rate further, prevent muscle soreness, increase flexibility, and reestablish your body's equilibrium. Appropriate technique, body alignment, joint protection, proper warm-up, cool-down, stretch, and gradual progression each contribute significantly to producing injury-free, productive fitness results. The Basic Water Workout is a 45- to 60 minute workout designed to exercise every part of your body. It follows the prescribed sequence outlined in table :

Basic Water Workout

Exercise component	Duration
Thermal warm-up	3-5 minutes
Warm-up stretch to prevent injury	3-5 minutes
Aerobic exercise: warm-up, moderate level, peak intensity, moderate and cool-down	15-30 minutes
Muscle strengthening and toning	5-15 minutes
Final cool-down stretches	5-10minutes

CONCLUSIONS

Water workouts produce health and fitness benefits while burning more calories in less time, and they cause less discomfort and provide better protection from injuries. Whatever you want from water workout you should construct a program according to the phases of a water workout.

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