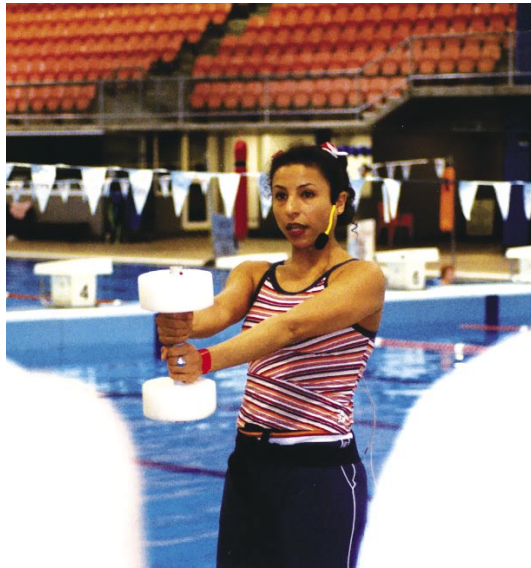


In praise of the humble dumbbell

What aqua class would be complete without some exercises devoted to using the humble dumbbell? Ever since the early days of aqua classes when milk containers were used as floatation aids, the dumbbell has proved invaluable in many areas, including:



- suspended exercises in shallow and deep water
- buoyancy resisted exercises for the upper body
- core stability exercises
- adding intensity to shallow cardiovascular exercises
- buoyancy assisted aid for people with disabilities and non swimmers.

Contraindications

Pregnant women during the second half of their pregnancy will have problems with the intraabdominal pressure that is created against their overstretched abdominal wall and weakened pelvic floor. It is recommended that at this stage they use dumbbells as a buoyancy assisted tool, and under the water, for only short bursts. Submerged dumbbell exercises are also contraindicated for people suffering from hernias and any other condition that may be aggravated by intraabdominal pressure or abdominal bracing. ♦

Dumbbell Exercises	Legs	Arms
Music track: 'She Works Hard For The Money' No Dumbbells	<ol style="list-style-type: none"> 1. Jogging 2. Big M jacks 3. Straight leg jack 4. Front and back kick R and L 5. Aerial jacks with feet starting together 	<ol style="list-style-type: none"> 1. Scooping arms from back to front 2. Star fingers and elbows in at waist 3. Star fingers and elbows in at waist 4. Arms scooping across body 5. Hands on waist
Music track: 'YMCA' Shallow 2x Dumbbells Cardiovascular	<ol style="list-style-type: none"> 1. Jogging 2. Suspended kick forward, side, back and forward R and L 3. YMCA legs 4. Twisting 	<ol style="list-style-type: none"> 1. Arms pushing forward, side, forward and behind 2. Arms to side, dumbbells just under water 3. Arms to side 4. Elbows extending and flexing into chest
Music track: 'Achey Breaky Heart' Shallow 2x Dumbbells Cardiovascular	<ol style="list-style-type: none"> 1. Jogging 2. Suspended kick to side and down R and L 3. 8x stomps on each leg 4. Donkey kicks 	<ol style="list-style-type: none"> 1. Alternating rolling away from body 2. Arms pushing to side and down 3. Single arm rolling down 4. Both arms rolling down

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In praise of the humble dumbbell

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Dumbbell Exercises	Legs	Arms
Music track: 'Healing Hands' Shallow 2x Dumbbells Cardiovascular	<ol style="list-style-type: none"> Jogging Feet apart and swing R leg across body Aerial jacks with feet starting wide Option 1: Tuck jump. Option 2: Tuck jump with knees opening out Lift both feet up in front of the body 	<ol style="list-style-type: none"> Rolling hands over the handle L arm swing across body, while holding R arm to side Bring dumbbells together in front of the body Circle arms on either side of the body Extend the arms behind the body
Music track: A 'Swinging Safari' Suspended 2x Dumbbells	<ol style="list-style-type: none"> Butterfly: Feet together and slap thighs together Lift Butterfly legs up to the surface and behind body Butterfly with side kick Double leg kick to front and side 	<ol style="list-style-type: none"> Arms extended to side under water Arms as above Arms as above Add arms to front and side
Music track: 'Diana' Suspended 2x Dumbbells Deep Water	<ol style="list-style-type: none"> Horizontal jack scissor cross over Horizontal scissor cross over Swivel legs and hips down to vertical and back up Horizontal scissor cross over, single, single, double 	<ol style="list-style-type: none"> Arms extended to side under water Arms as above Arms as above Arms as above
Music track: 'Shake Your Groove Thing' Suspended 2x Dumbbells Deep Water	<ol style="list-style-type: none"> 1x Kick to front and both legs kick to bottom of pool 1x Kick to front and both legs kick 3x to bottom of pool 1x Kick to front, 1x kick to side and both legs kick 2x to bottom 1x Kick to front, 1x kick to side, 1x kick to back and both legs kick 1x to bottom of pool Regular rock n roll Option 2: Bring knees to chest and flip to prone, then pull both legs straight to bottom and in front of the body 	<ol style="list-style-type: none"> Arms push to front and down to bottom of pool Arms push to front and down 3x to bottom of pool Arms push to front, side and 2x to bottom of pool Arms push to front, side, front and 1x to bottom of pool Arms pulling back and forward Arms pulling back and forward
Music track: 'By The Rivers Of Babylon' Shallow Suspended 1x Dumbbell Wall Work	<ol style="list-style-type: none"> Dumbbell under R knee, L foot touch wall in front and then touch bottom of pool Dumbbell under R knee, L foot touch wall in front and then kick behind Dumbbell under R knee, L foot touch wall side on, and then kick behind into pool Repeat the above exercise with dumbbell under L knee 	<ol style="list-style-type: none"> Breast stroke as leg goes onto wall and pull through as leg goes down to bottom of pool Breast stroke as leg goes onto wall and pull through as leg goes behind body Arms and head follow in the same direction. Arms scoop across body in the opposite direction to L leg Repeat above arm lines

The full version of this article, including loads more great dumbbell exercises, is available online at www.fitnessnetwork.com.au



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Marietta is an award winning instructor and presenter with over 15 years teaching experience in group exercise. She is currently the program coordinator at one of Melbourne's leading fitness clubs, and presents regularly at national and international fitness events.