

# Quick Splash! HIIT Rx

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**Objective:** Cardio HIIT, 2-3 days/week, ~23 minutes/session.

## Pre-Exercise tips to get started

**Choose a depth!** Navel to nipple deep, jog increasing range of motion (ROM or size of move) and speed to start warming up.



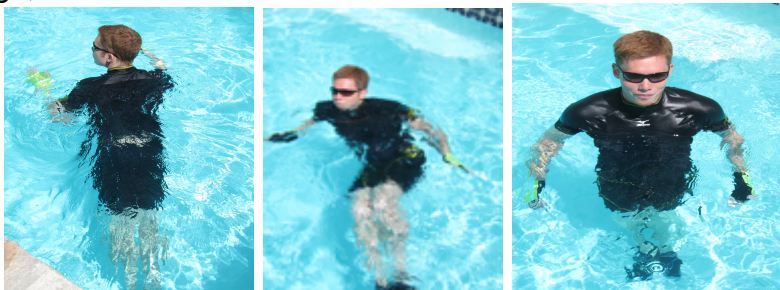
Wear water shoes for support and traction!

## Check personal recovery skills!

**Backward falls recovery.** Squat into a seated position; lift feet off the bottom, hands at hips. Scoop hands toward the surface, extend legs, and stand.



**Forward falls recovery.** Squat, lean forward, hands in front, feet off the bottom; turn head sideways, roll to a seated position, scoop hands to surface, extend legs, and stand.

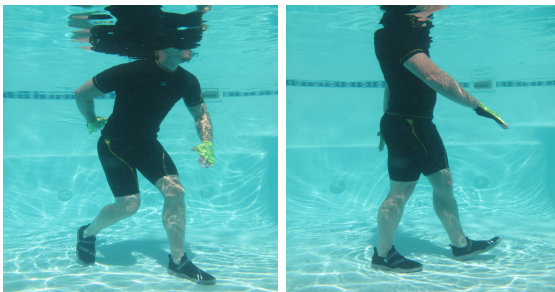


**Scull!** Move hands in a figure eight motion, like “smoothing sand”, creating rudders for balance and vertical stabilization.



Icon cues sculling activity in the workout.

**Check & correct!** Maintain range of motion, shoulders down & back, hips under, “Don’t get behind your behind”. Check posture & stabilize during transitions.



**Transitions:** Gear “DOWN”: Small, slow, EASY & prep for gear “UP” intervals.



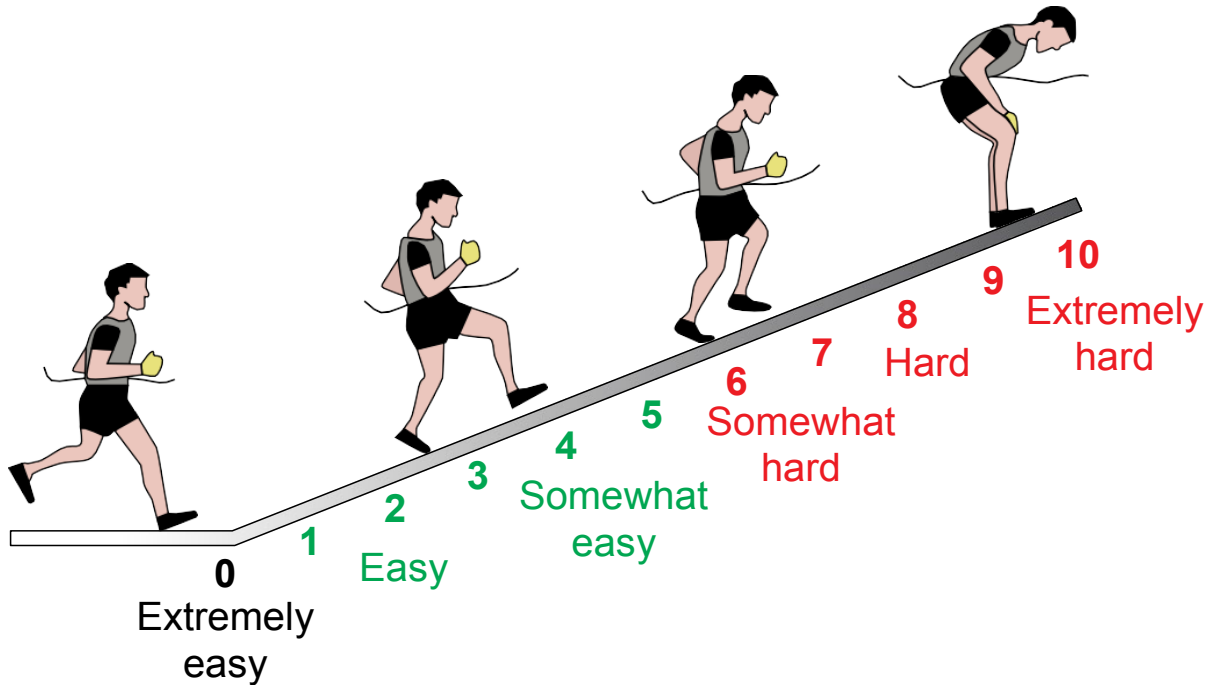
Icon cues sculling in workout

**Modify!** Work deeper to decrease impact & wear webbed gloves for extra stability.



**Check!** Monitor intensity using the OMNI Scale of Perceived Exertion.


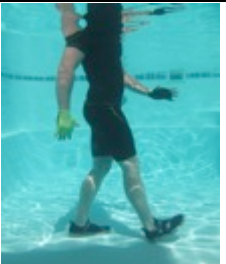
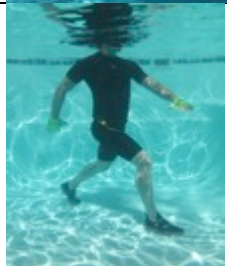
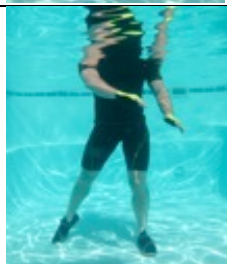

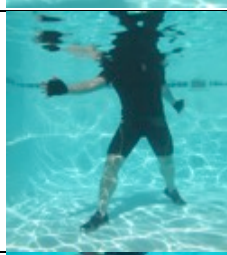

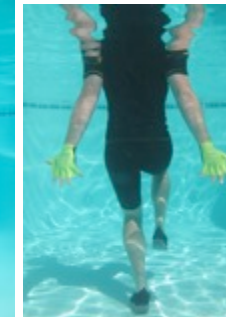

## The OMNI Aquatic Exercise Scale of Perceived Exertion















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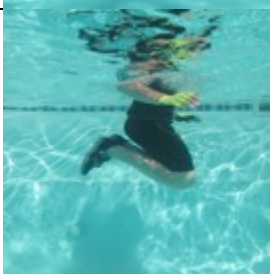

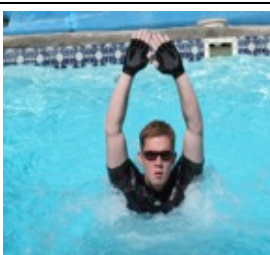


Adapted from *Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System 1st Edition*, ISBN-13: 978-0736048378. Copyright © 2004 Robert J Robertson. Used with permission.



## Quick Splash! HIIT Workout

<b>Warm up Walk or Jog (3 min)</b> Travel back and forth; push & pull with hands	<b>EASY to SOMEWHAT EASY</b> <b>OMNI RPE 0-4</b> Increase size (ROM) and speed up!	
Forward (heel/toe strike) <ul style="list-style-type: none"> <li>Hands push and pull to assist travel</li> </ul>		
Backward (toe/heel strike) <ul style="list-style-type: none"> <li>Hands push and pull to assist travel</li> </ul>		
Sideways <ul style="list-style-type: none"> <li>Hands power across the body to assist travel</li> </ul>		
Diagonal work, pivoting to change directions every 6-8 steps <ul style="list-style-type: none"> <li>Hands push and pull to assist balance and travel</li> </ul>		
Add surface area for drag <ul style="list-style-type: none"> <li>Push a submerged kick board</li> <li>Hold hands down at hips</li> <li>Maintain or increase speed of travel</li> </ul>		
Transition jog & scull at the end of the warm-up	 Gear <b>DOWN: Small, slow.</b> Stabilize	



<b>Cardio interval training (20 minutes):</b> Work each variation through the interval. <sup>1, 2</sup> <ul style="list-style-type: none"> <li>Develop ROM &amp; maintain with increased speed</li> </ul>	<b>15:15:15 Speed Intervals:</b> 15 seconds @ each pace & RPE: <b>SOMEWHAT EASY: OMNI RPE 3-5</b> <b>SOMEWHAT HARD TO VERY HARD: OMNI RPE 6-10</b> (as fast as possible, maintain ROM) <b>SOMEWHAT EASY, OMNI RPE 3-5</b> (recovery)
<b>1. Jog (8 min)</b>	
Extended, stand tall, jog in place & scull, go to Rebounding <ul style="list-style-type: none"> <li>Hands scull wide in front</li> </ul>	  
Suspended, feet off the bottom <ul style="list-style-type: none"> <li>Hands scull wide in front</li> </ul>	 
Stand tall, Wide knees <ul style="list-style-type: none"> <li>Hands scull wide at sides</li> </ul>	 
Submerge chest, feet tap the bottom (neutral position) <ul style="list-style-type: none"> <li>Hands scull wide at sides</li> </ul>	 
Heels to buttocks <ul style="list-style-type: none"> <li>Hands scull wide in front</li> </ul>	 
Travel sideways back & forth <ul style="list-style-type: none"> <li>Hands push/pull to assist</li> </ul>	Repeat this interval 4X while jogging & traveling
Transition jog & scull at the end of set	 Gear <b>DOWN: Slow, small.</b> Stabilize

<b>2. Jump</b> (6 min)	<b>15:15:15 Speed Intervals</b> 15 seconds @ each pace & RPE: <b>SOMEWHAT EASY: OMNI RPE 3-5</b> <b>SOMEWHAT HARD TO VERY HARD: OMNI RPE 6-9</b> (as fast as possible, maintain ROM) <b>SOMEWHAT EASY: OMNI RPE 3-5</b> (recovery)	
Tuck jump knees front <ul style="list-style-type: none"> <li>• Push hands downward</li> <li>• Add surface area to increase intensity (paddles shown)</li> </ul>		
Wide stance jump knees to sides <ul style="list-style-type: none"> <li>• Push hands downward</li> </ul>		
Heels to buttocks & scull <ul style="list-style-type: none"> <li>• Hands scull wide and in front</li> </ul>		
Hands overhead, wide stance jump <ul style="list-style-type: none"> <li>• Pull arms down to hips</li> </ul>		
Tuck jump, traveling back & forth <ul style="list-style-type: none"> <li>• Hands push/pull in water</li> </ul>	Repeat interval 4 X while jumping & traveling	
Transition jog & scull at the end of set	 Gear <b>DOWN: Slow, small.</b> Stabilize	

<b>3. “Helicopter” Hovers: Jump &amp; Jog combo (6 min)</b>	<b>15:30 Speed Intervals @ RPE</b> HOVER: <b>SOMEWHAT HARD TO VERY HARD: OMNI RPE 6-10</b> (as fast as possible, maintain ROM) RECOVER: <b>SOMEWHAT EASY: OMNI RPE 3-5</b>
Jump high then jog 6-8 times suspended above the bottom before landing (hovering helicopters). Complete as many “hovers” as possible. Maintain ROM of jogs suspended. <ul style="list-style-type: none"> <li>Hands scull for lift and balance</li> </ul>	
	Repeat interval 8 X
<b>Cool down &amp; dynamic range of motion (3-4 min)</b>	<b>EASY: OMNI RPE 0-3</b>
Walk forward arms open for the “titanic” drag arms chest stretch  Hop backward during hamstring and quad stretches <ul style="list-style-type: none"> <li>One hand skulls for balance</li> </ul>	

**Model:** Doug Whitehill **Photos:** Tracy Frankel, Courtesy of WaterFit®

## References

1. EF, Sanders, ME, Shafer, A, Barone-Gibbs, B, Nagle, JA, Deldin, A, Franklin, BA, Robertson, RJ. Energy expenditure, cardiorespiratory, and perceptual responses to shallow water aquatic exercise in young women. *Phy Sportsmed*. 2013; 41(3): 67-76.
2. Nagle, EF, Sanders, ME, Franklin, BA. Aquatic High Intensity Interval Training for Cardiometabolic Health: Benefits and Training Design. *Am J Lifestyle Med*. 2015; DOI:10.1177/1559827615583640.

## Resources

[WaterFit® S.W.E.A.T.™ System: Shallow Water Interval Training](#), online course available from American Council on Exercise (ACE). [www.acefitness.org](http://www.acefitness.org)

## Video resources

Clips demonstrate coaching methods, exercises, variations, and intervals from the protocols used by study participants in Nagle et al. (2013, 2015).

*Jog:* see Supplemental Digital Content 1, Video 1, <http://links.lww.com/FIT/A120>

*Jump:* see Supplemental Digital Content 2, Video 2, <http://links.lww.com/FIT/A121>

*Hovers jump & jog combination:* see Supplemental Digital Content 3, Video 3, <http://links.lww.com/FIT/A122>, and Supplemental Digital Content 4, Video 4, <http://links.lww.com/FIT/A123>.

