



Erasmus+

Go Functional Improvement & Tourism

A faded, light-colored illustration of two runners in motion, positioned on the left side of the slide. The runners are depicted in a dynamic, forward-leaning posture, suggesting speed and movement.

# Aquatic Exercise for Functional Improvement Part 2

SCHOOL OF PHYSICAL EDUCATION & SPORT SCIENCE, D.P.E.S.S.  
DEMOCRITUS UNIVERSITY OF THRACE

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**School of Physical Education and Sport Science**  
**Democritus University of Thrace**



# **Deep Water Program**

## **Exercises to increase mobility**

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# Exercises to increase mobility

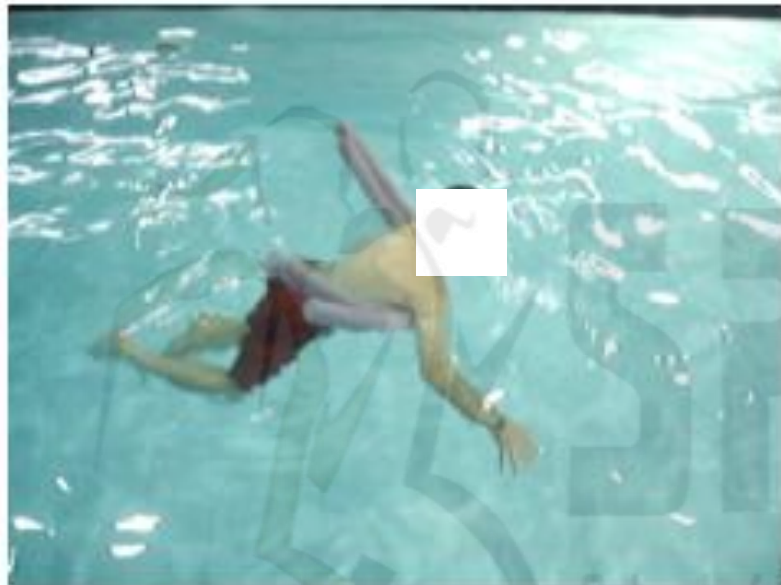
Movements are performed

- at a slow pace
- with wide range of motion
- with control



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# Begin from an upright or prone position



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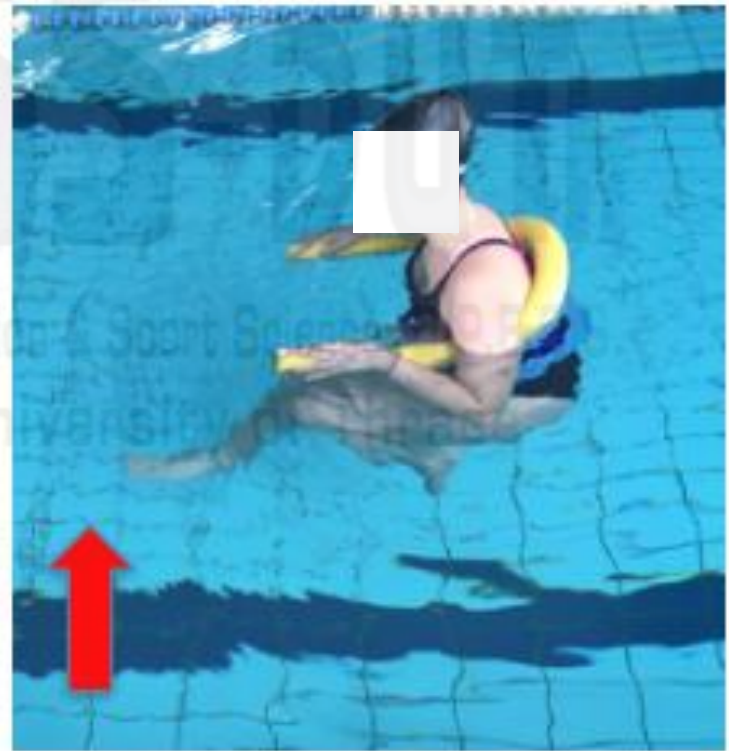
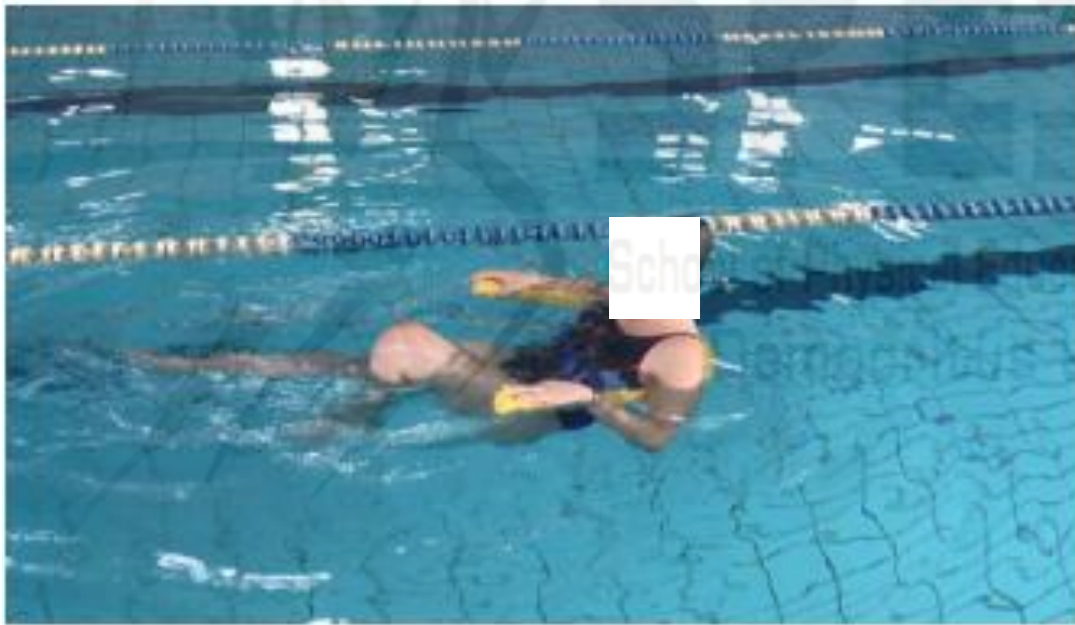
# Then in a supine position



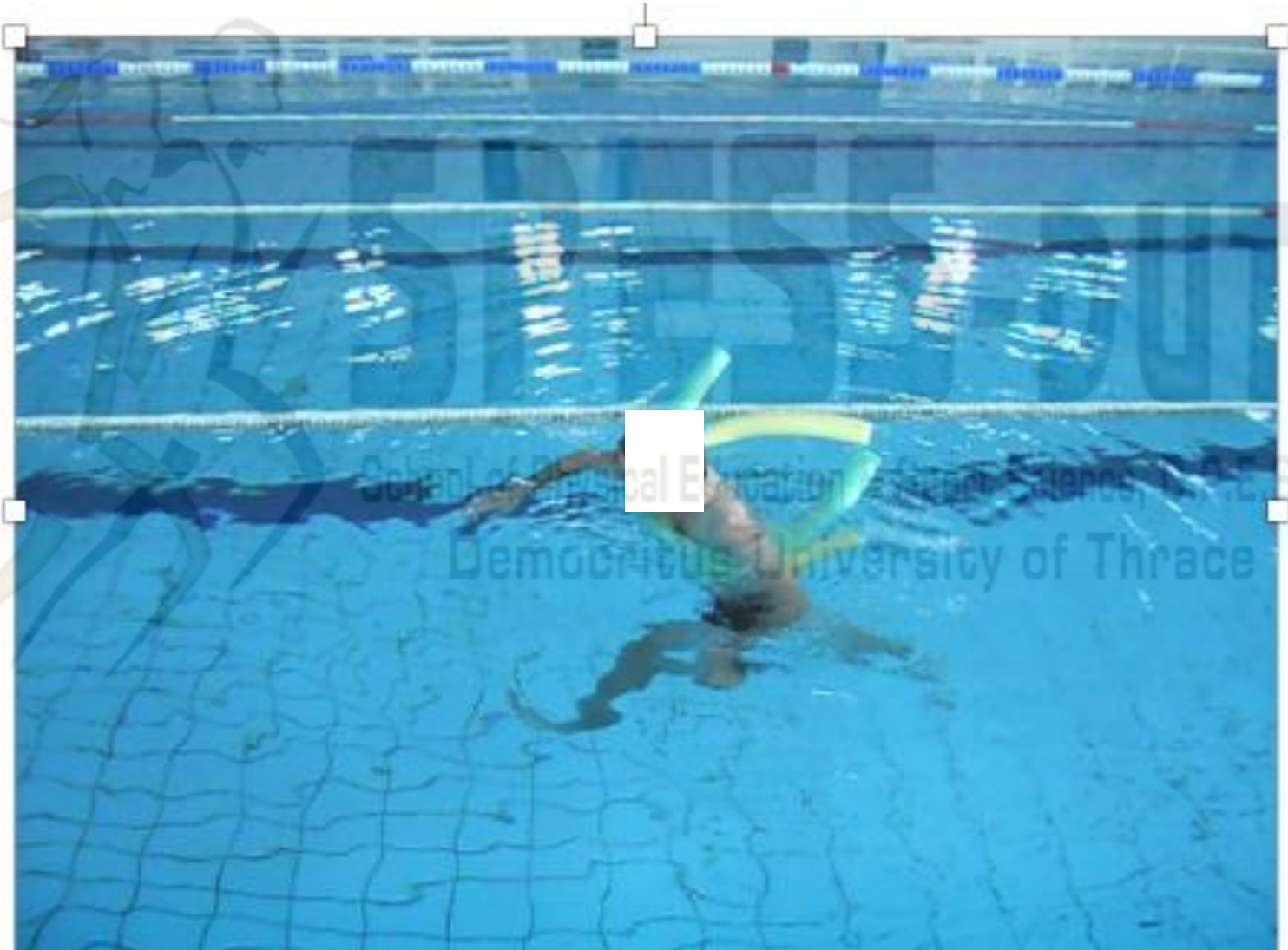


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**In the upright position the buoyancy helps to make the move in a bigger range of motion**



**at a slow pace - with wide range of motion - with control**





**at a slow pace - with wide range of motion - with control**



**exercise to increase  
mobility at the hip and  
knee joints**





**hip mobility**



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# **Shallow Water Program**

## **Exercises to increase mobility**

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**exercise to  
increase mobility  
at the hip joint**



# exercise to increase mobility at the hip and knee joints



## Exercise to increase mobility at the trunk



## exercise to increase mobility of the shoulder



# Exercise to increase mobility of the shoulder



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## exercise to increase mobility of the shoulder



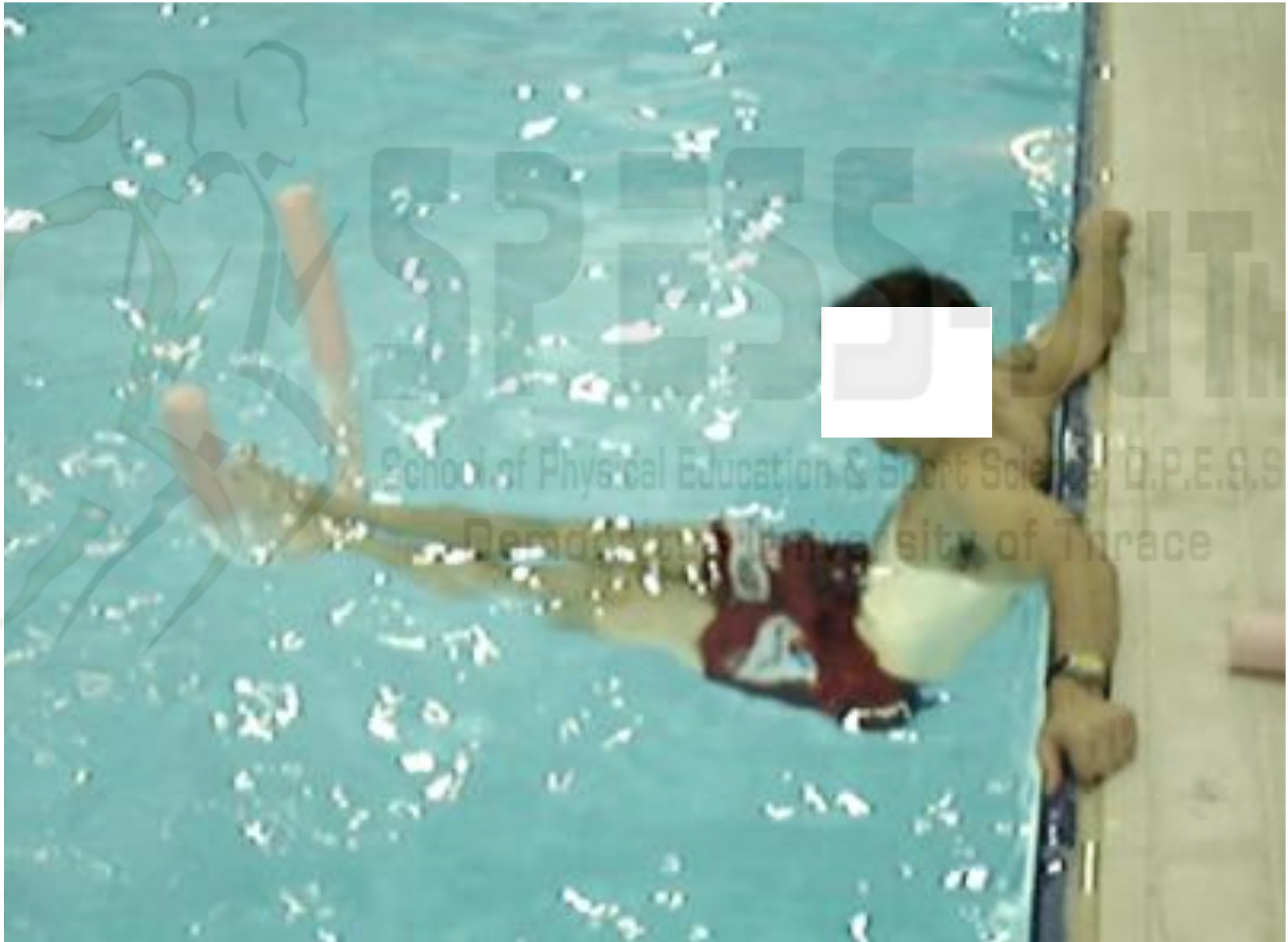
A stylized, light-colored silhouette of a runner in motion, positioned on the left side of the slide. The runner is depicted in a dynamic pose, leaning forward with arms and legs extended, suggesting speed and movement.

# **Deep Water Program**

## **Stretching Exercises**

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# Hamstring stretching





**Hamstring Stretching**

**Adductor Stretching**



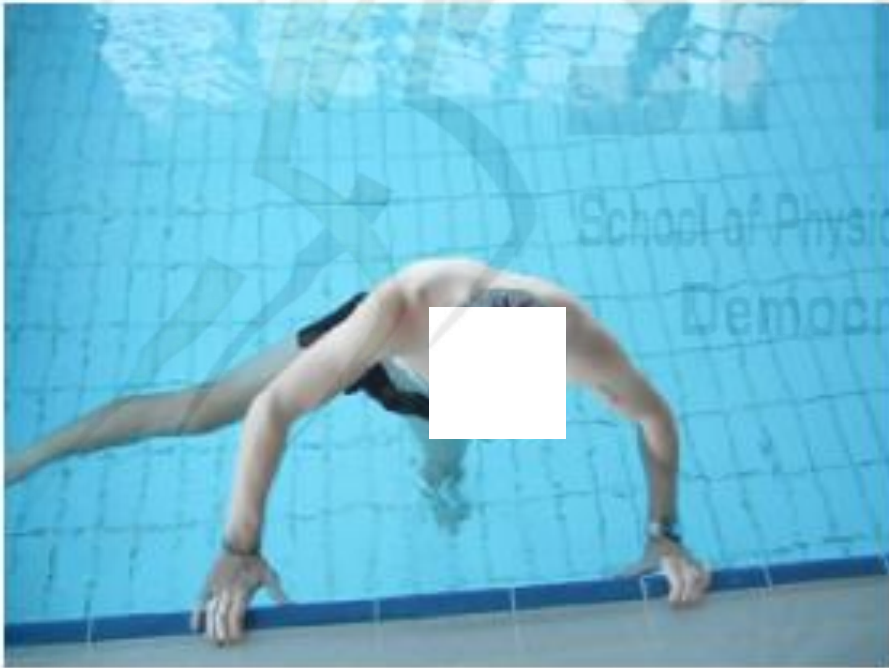
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# **Shallow Water Program**

## **Stretching Exercises**

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## Adductor Stretching



## Hip Flexors Stretching





## Hamstring Stretching

## Adductor Stretching



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# Exercises to improve muscle strength and endurance

Speed of the movement

Range of motion

The resistance surface

The lever arm

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# Increase the difficulty by increased of...

- Number of the repetitions
- Speed of the movement
  - Range of motion
- The resistance surface
  - The lever arm



# Equipment

## Resistance



**rubberized**

**drag**

**buoyant**



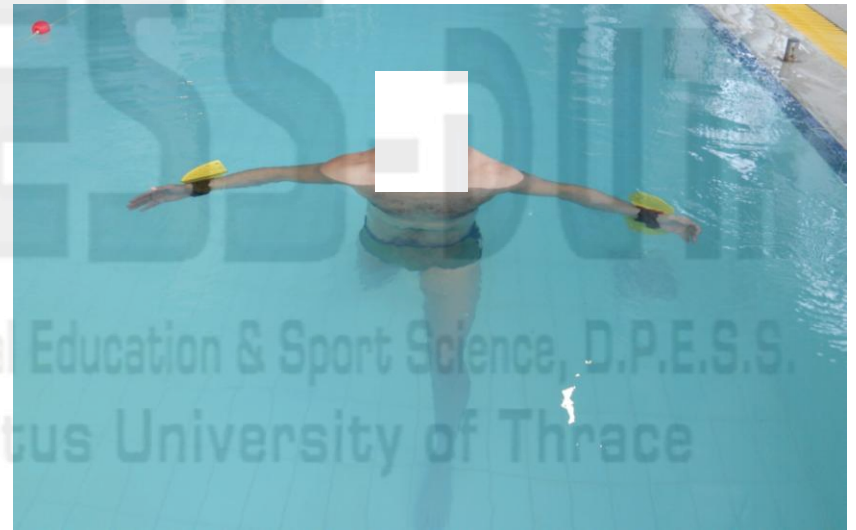
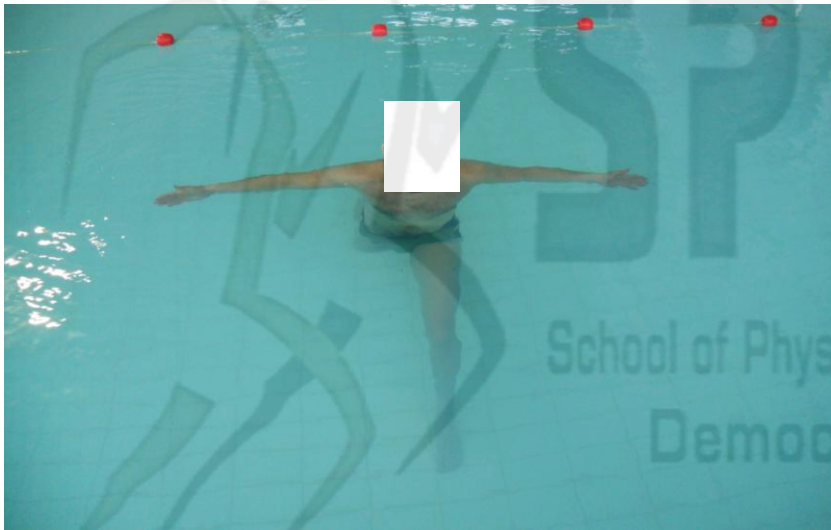


# **Shallow Water Program**

## **Strength Exercises**

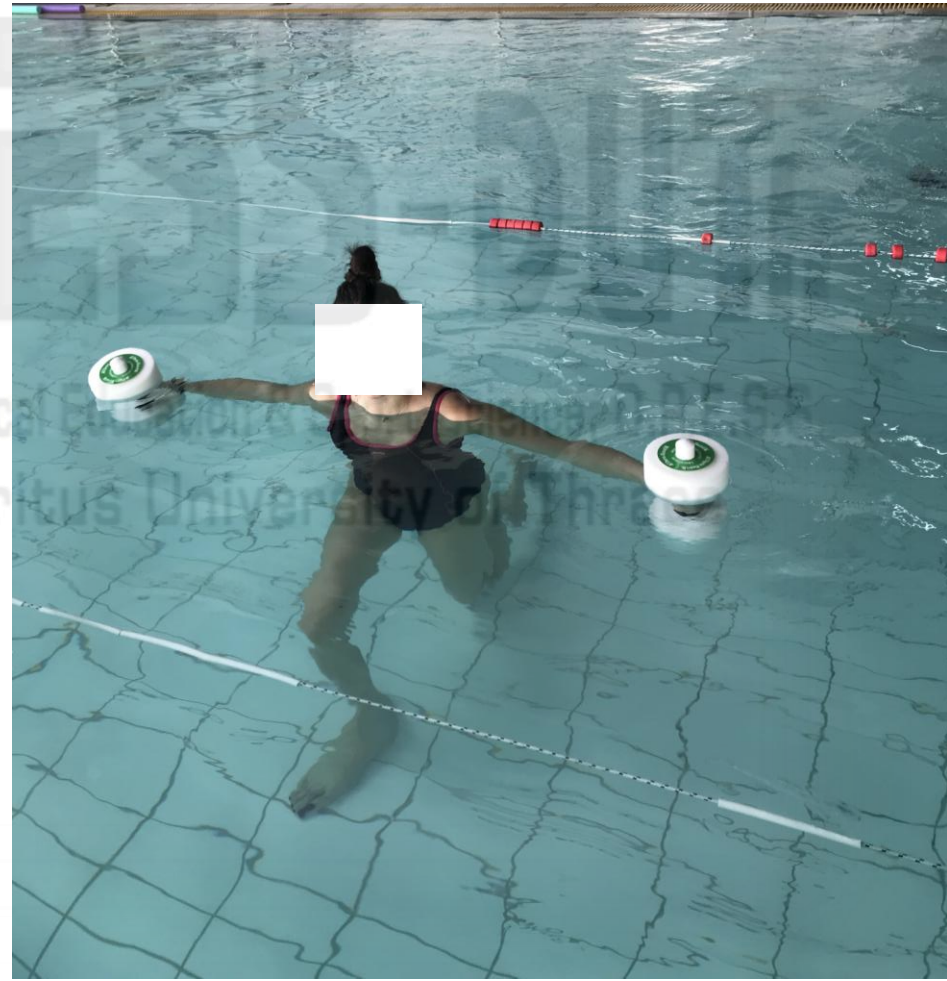
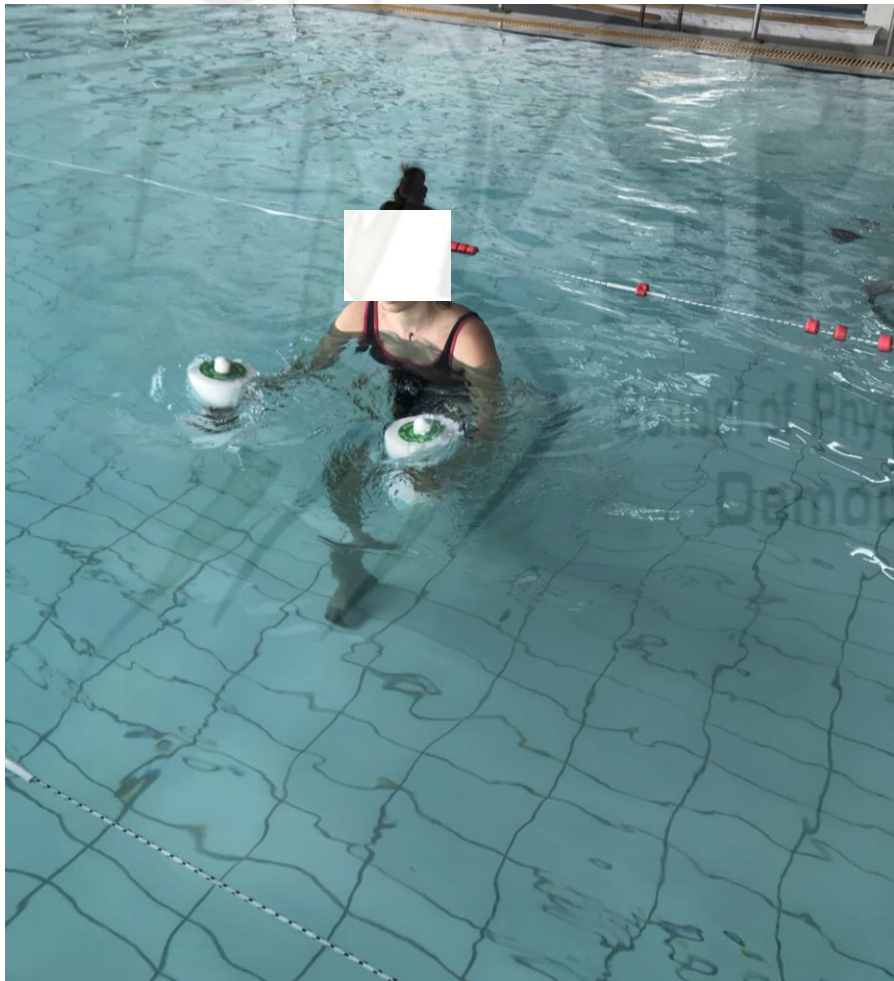
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## Increase the resistance surface



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## Increase the lever arm

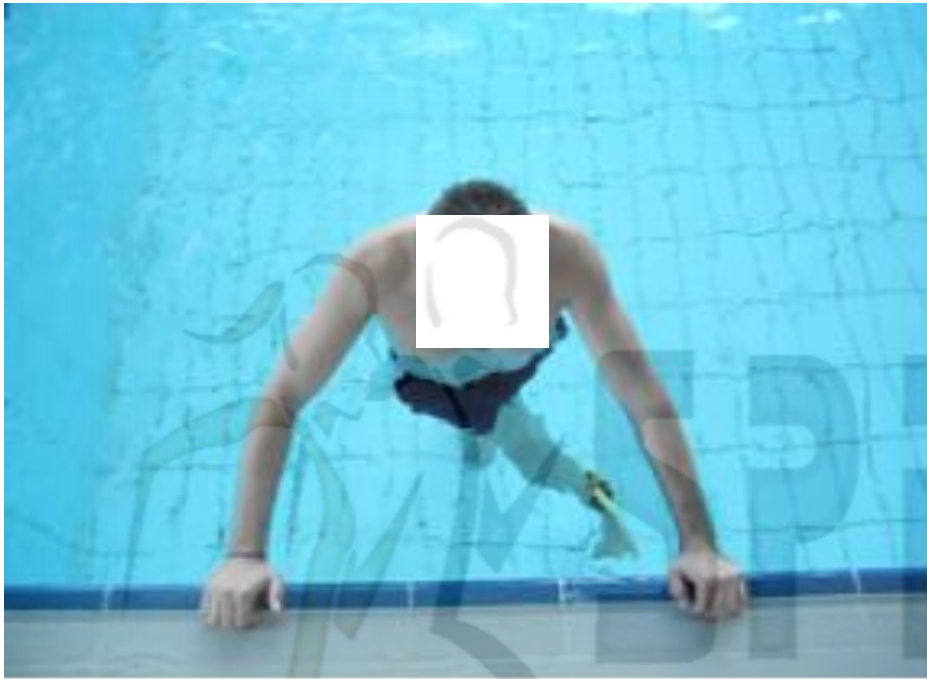




**Increase the lever  
arm**



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**Increase the  
resistance surface**



## Increase the resistance surface





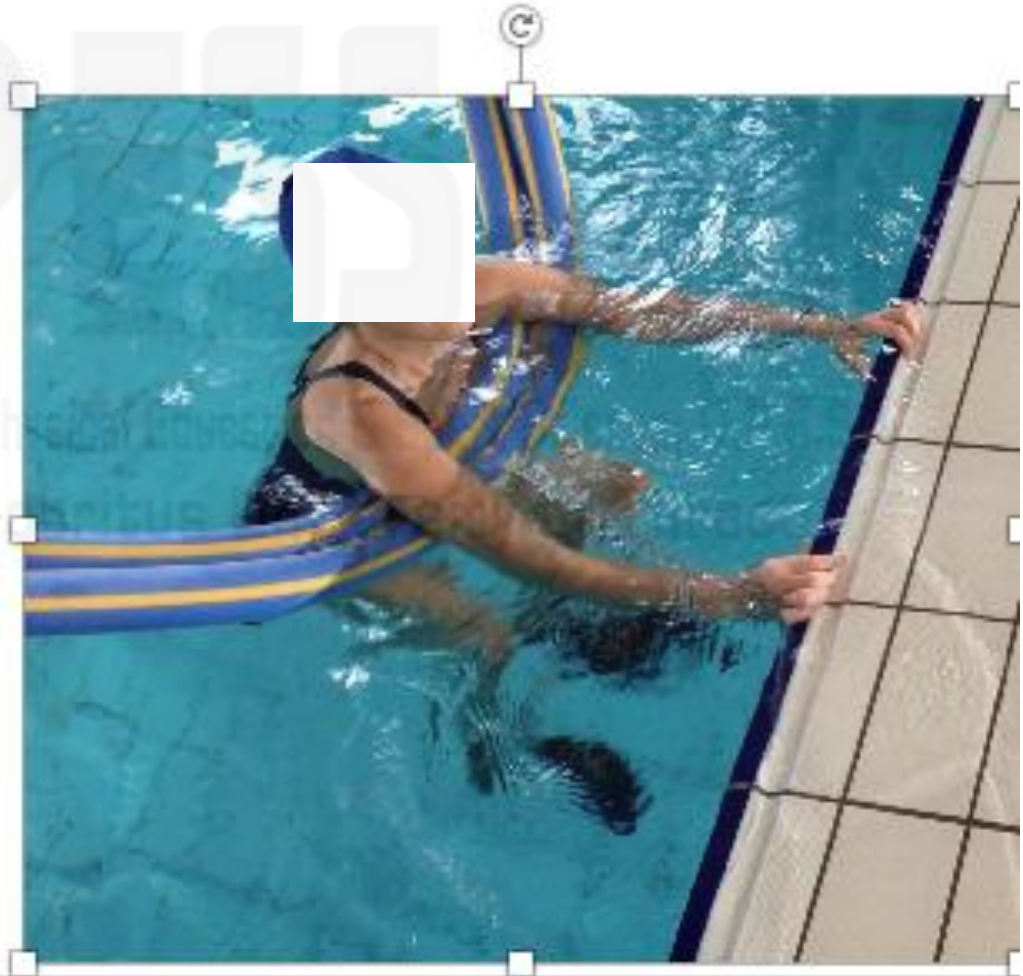


# **Deep Water Program**

## **Strength Exercises**

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## Increase the resistance surface



Is **difficult**.... big lever arm + resistance surface  
+ big range of motion + fast movement



# Increase the resistance surface

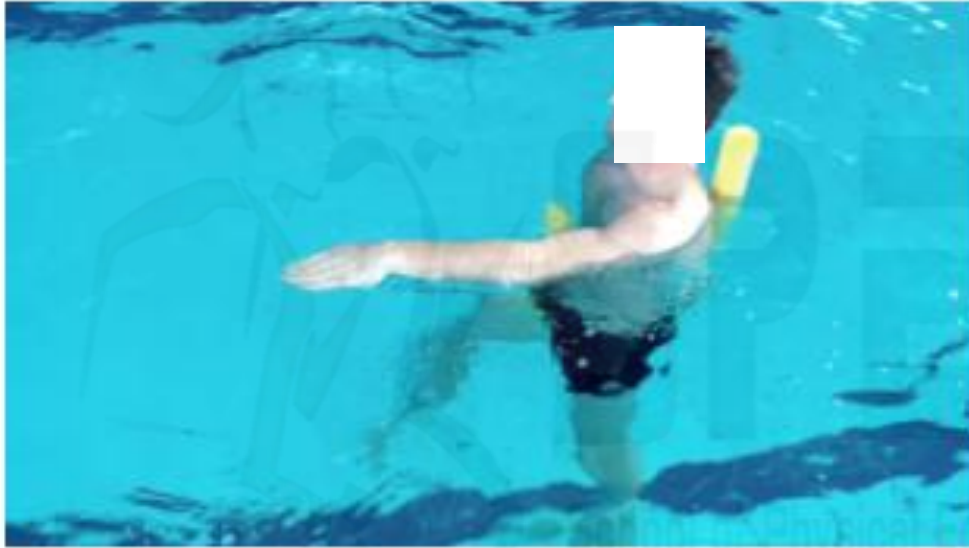


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# Strength training – without equipment - increase of speed



# Strength training – without equipment - increase of speed



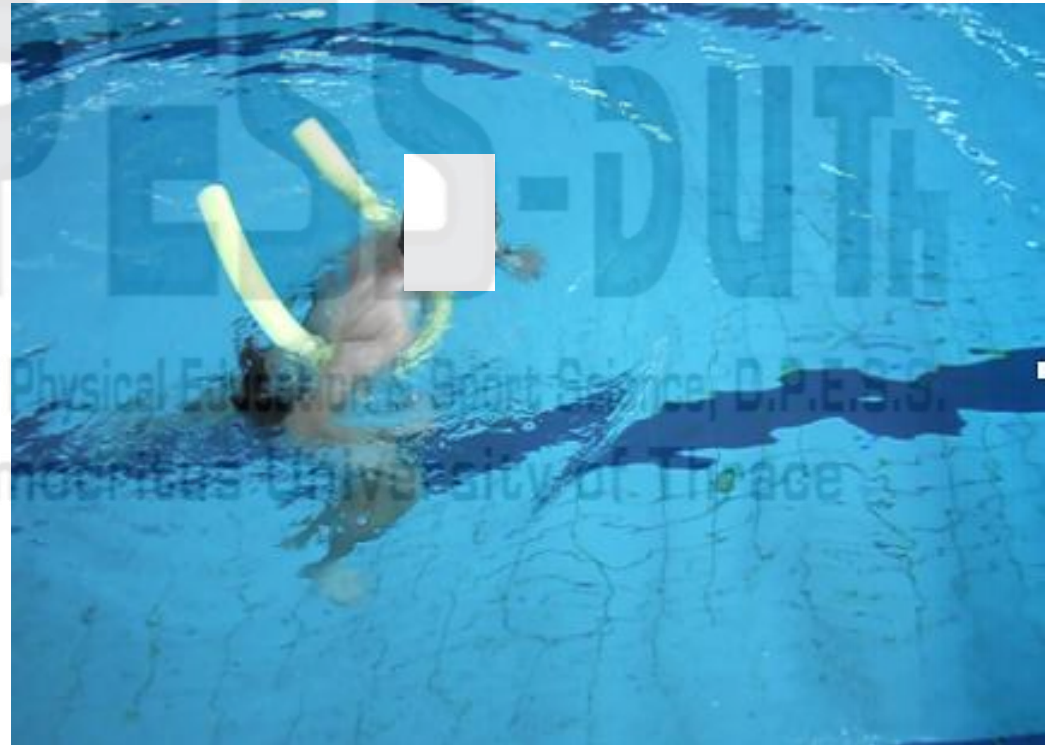


# **Deep Water Program**

## **Aerobic Exercises**

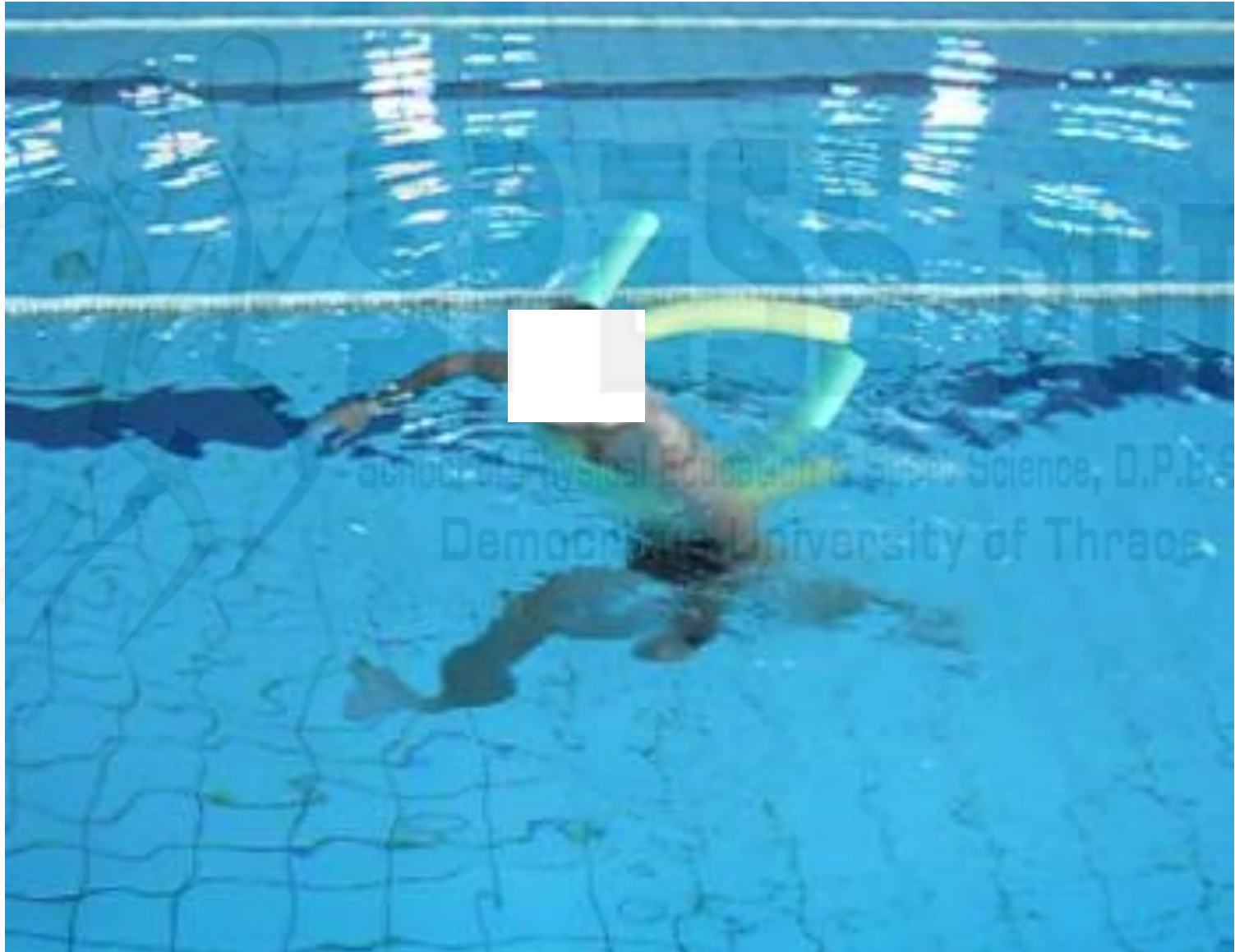
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# Simulation of running

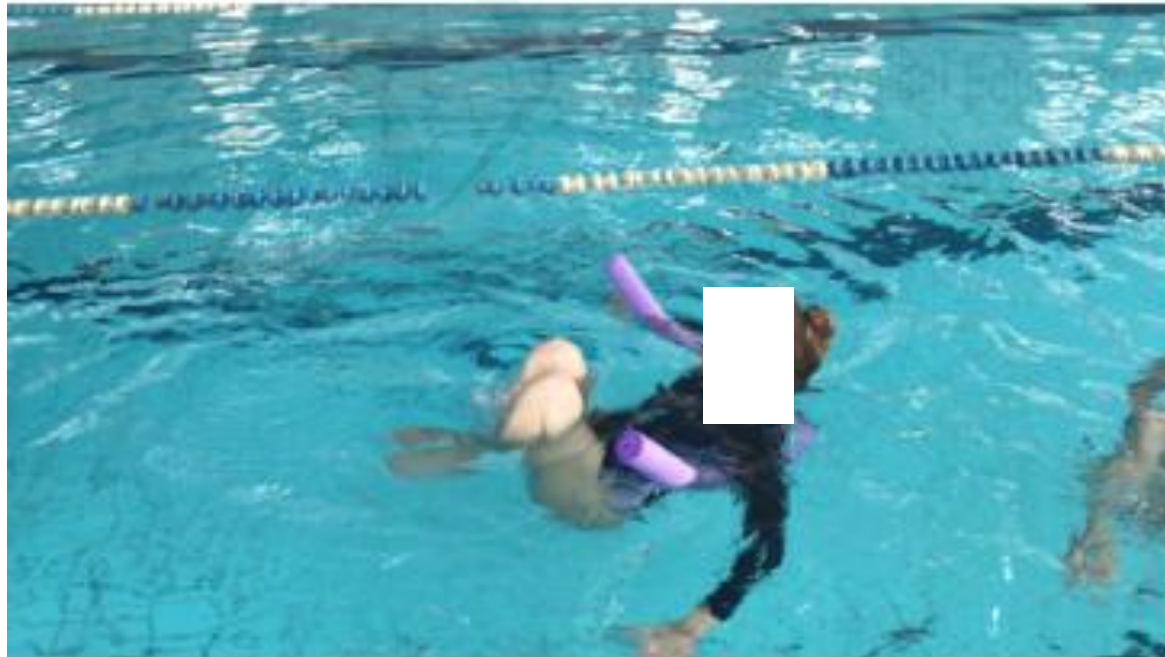




# Cross Country movement



# exercises for abdominals



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# **Shallow Water Program**

## **Aerobic Exercises**

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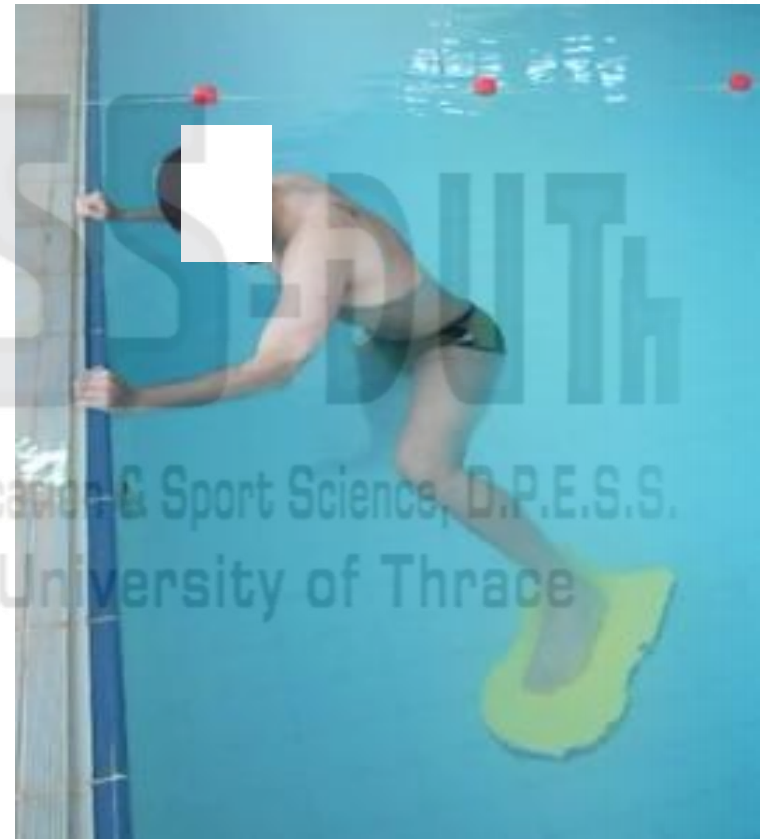




# **Shallow Water Program**

## **Balance-Coordination Exercises**

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# **Deep Water Program**

## **Balance-Coordination Exercises**

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# Coordination Exercises





**Exercise programs**  
**Aquatic ... like ... Land**

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# AQUATIC ... like ... LAND



# AQUATIC ... like ... LAND

