

**FITNESS** >>

# WATER Workouts!



*Nawaz Modi Singhania*

**THE  
EFFERVESCENT  
AND GORGEOUS  
BEAUTY  
NAWAZ MODI  
SINGHANA,  
WHOSE NAME IS  
SYNONYMOUS  
WITH FITNESS  
IN THE  
COUNTRY  
TODAY, GUIDES  
US IN THE  
BEST WAY  
TO EXERCISE  
THROUGH  
OUR MOSTLY  
YEARLONG HOT  
WEATHER...  
AQUA  
AEROBICS!**

“**P**ersonally, I am a great fan of Aqua Aerobics! Especially for the summer months, it’s a super workout choice. Who doesn’t love water? Especially in the summers? Everyone does!” says Nawaz.

#### What is Aqua Aerobics?

Aqua Aerobics is a very effective cardiovascular activity involving a pool full of people working out to choreography and music. Aqua Aerobic equipment such as Aqua Bells, Aqua Noodles, Aqua Gloves and Aqua Balls are used during this workout. The added resistance of the water is used to challenge the body and muscular structures for greater benefit.

#### Why Aqua Aero?

While it’s a super workout for anyone, as one is very buoyant and 90 per cent of the body weight is borne by the water, this particularly makes for a great workout option for those who have lower body musculoskeletal injuries or weaknesses. It’s highly advisable for older exercisers and is also a super pre-natal and post-natal workout choice.

#### How Will I Benefit From It?

Benefits include fat, inch and weight loss, a healthy back, strength, stamina, a full-body workout, rehabilitation (knees, neck, spine, ankles, hips), flexibility, improved balance, posture and coordination.

### SAMPLE AQUA EXERCISES

#### Exercise # 1

##### UPPER BODY & CORE TRAINING

This is a great compound exercise as it targets all of the upper body muscles and also the mid-section at one go. Stand with your legs hip-



*Nawaz, teaching an Aqua Aero class using Aquabells.*



*Aqua Aerobic exercises with Aqua Bells*





*Aqua Aerobics equipment - Aqua Bells and Noodles*

width apart in the aqua pool. Bend your arms and hold a pair of Aqua Bells up just under your chin. Keep the abdominals held in tightly, and push the Aqua Bells straight downward into the water while straightening your arms out. Exhale while doing this. Inhale while very slowly bending the arms and returning to the starting position. The Aqua Bells will tend to want to push their way up to the water surface in a hurry. Don't let that happen. Control it and come up very slowly in order to challenge the muscles to a greater degree. Be careful not to lean forward through the exercise; just stand erect.

**Exercise # 2**  
**ABDOMINAL WORK**

This is a super exercise as it works all four sets of abdominal muscles simultaneously, ie, the main six pack, the lower abs and also the two sets of waist muscles that we



*An Aqua Aerobics session in progress using Noodles*





*Stretching during Aqua Aerobics*

have on each side. Get an Aqua Noodle behind your upper back and grip it with both arms on either side of you, allowing the Aqua Noodle to come out from under your arms. Lean back into the Aqua Noodle. Keeping the abdominals tightly held in all through the exercise, bring both knees to the chest while exhaling, and straighten the legs out diagonally to the right side while inhaling. Repeat, but to the left side now. Right and left are counted as one. The straighter and higher the legs, the tougher the exercise. As both legs are off the floor of the pool, you will tend to float around while doing this. It's okay initially to take some help and lean back onto the edge of the pool, but at a later stage, try not to. Try at that point to use your muscles (especially of the core) effectively to hold you in the same spot and thereby disallow the float factor to transport you to a different location in the pool.

**Exercise # 3**

**HIPS & THIGHS**

Working the gluteals (butt muscles) and the hamstrings (back of the thighs), face the pool edge and hold on to it. Lean forward all through the exercise. Lift the right leg backward slowly while exhaling and lower while inhaling. The higher you lift the leg and the less you lower it, the more challenging the exercise. After finishing all the required reps and sets on this leg, repeat from the beginning with the left leg.

**Summer Coolers**

Drink a lot more water during the summer. Try and have cooling drinks with no sugar, colouring or preservative. Coconut water and fresh juice are great choices. Eat lighter food



with less spice in the summer months. Your weight, complexion and the way you feel will all be that much better off for it! So go ahead and get bikini ready, preen over and enjoy the results!

**NOTE:** All exercises are to be done for two sets of 10–12 each to begin with. For more information, visit [www.bodyart.in](http://www.bodyart.in) ◀