

VERTICAL AQUATIC “POWER” POSTURE

1. CHIN RETRACTION

- Lift imaginary pony tail up to the roof
- Keep ears in line with tips of shoulders
- Avoid “chin-poke” (*i.e. push chin back*)

2. SCAPULAR SET



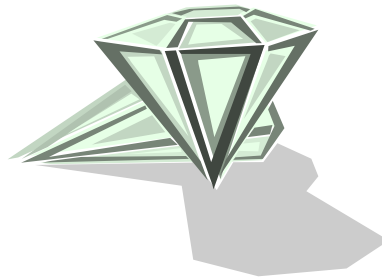
- Pull shoulders up, back then down
- Try to “close the curtains” behind you
- Anchor the tips of your shoulder blades to your back
- Avoid “fly-away” blades

3. HIP-RIB CHECK

- Keep pelvis level (*a.k.a. neutral*)
- Pull abdominals to spine without moving your chest or shoulders
- Avoid “tilting” or “leaning” front or back

4. “GLUT-MAX” SQUEEZE

- Squeeze your “cheeks” together and hold
- Imagine you are squeezing a lump of coal into a valuable diamond



**From CALA (Canadian Aquafitness Leaders Alliance) – www.calainc.org*