Getting the Right Fit:
It is important to correctly position and secure the AquaJogger onto your body. A snug fit will help you maintain good posture and perform the exercises correctly. If your AquaJogger is riding up on your body and interfering with your movements, review the following guidelines.

- Remove slack from the AquaJogger belt. Position the non-adjustable end of the buckle (without the prongs) directly on the foam. Work all the extra length of the black elastic back through the slots of the AquaJogger over to the adjustable end. This simple process will allow for greater adjustability and a truly secure fit.
- Position the AquaJogger on your lower waist with the narrow "arms" of the AquaJogger just under your rib cage. Adjust the elastic belt until it is tight around your waist. The belt should be positioned across or just below your navel as shown in the figure.
- Adjust the strap until the belt feels almost "too tight." The tight fit feels more comfortable after you enter the water and helps prevent the AquaJogger from riding up during your workout.

Alternative: You can reverse the AquaJogger and wear the large area in front, with the buckle in back. This works especially well if you are swimming on your stomach or snorkeling. You can also change the center of flotation by turning the AquaJogger upside down with the foam hump pointed down rather than up the back. This position is comfortable for shorter individuals with smaller back areas.

Correct Vertical Posture:
The key to any safe, effective exercise or movement is correct body alignment. Initially, as you adjust to the buoyancy you may find yourself hunching over in the water. To adapt to this new environment and attain correct body position, lean back slightly and try a small flutter kick with your feet directly under you.

Do not compensate other body parts in order to perform a movement. As you exercise, aim for an even counterbalance between your arms and legs, as when you walk. Vertical body alignment not only protects against back strain, but also strengthens your back, abdominals, and surrounding muscles.

Checklist for vertical body alignment:
- Head Up
- Chest Lifted
- Shoulders positioned directly above hips
- Abdominals tight (don't hold your breath!)
- Buttocks squeezed together and slightly tucked under (pelvic tilt)
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Legs

Running and Walking:
Position your body with your head, shoulders, hips, and feet vertically aligned. Using a modified running/marching motion, coordinate your leg and arm movements as in running.

Cross Country Ski:
Body is vertically aligned and legs and arms are straight. Scissor legs forward and backward from the hip, leading with your toes. Coordinate the arms and legs as in Cross Country Skiing.

Sit Kicks:
Sit as if in a straight back chair with your thighs stabilized. Alternating legs, kick out from the knee, then pull your heel back as if trying to kick your buttocks. Try to make the water boil in front of you.

Straight Leg Toe Touch:
Body is in a vertical position. Keeping legs straight, bring each leg near the surface and return it to the starting position. Alternating left and right, reach for toes with your opposite arm and bring the other arm behind you. This is a strong movement and is not recommended for people with back pain.
**Tires:**
This move is similar to the football drill of running through two parallel lines of tires. The body is open and vertical. Have your legs turned out and feet flexed as you alternate pushing down with each leg.

**Open and Close:**
Begin with vertical posture, arms and legs straight and toes pointed down toward the bottom of the pool. Open and close arms and legs by extending straight limbs out to the sides of your body and returning to the starting position.

**Rock Climb:**
A full-body exercise similar to running except the movement is like climbing a ladder diagonally. Reach forward with one arm into the water and then pull it through past your hip. Bring your opposite knee toward your chest and, at the same time, push the other leg straight back until it is fully extended.
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Arms

Sweep In:
With DeltaBells just below the water surface and arms held out to the sides, sweep arms forward and pull DeltaBells® straight back toward chest. Extend arms out to your sides and repeat.

Breast Stroke Arms:
Begin wit DeltaBells just below the water surface and arms relaxed at your sides. Extend arms directly in front of your body and sweep out to the sides. Return DeltaBells back to the starting position and repeat.

Bicycle Arms:
With elbows bent and DeltaBells submerged in front of your chest, vigorously roll DeltaBells® in a bicycle motion. Reverse direction.

Punch Out:
With body slightly leaning forward, punch arms downward and away from chest. Alternate arms back and forth like a pair of pistons.
Punch Down:
With elbows bent and DeltaBells held in at your sides, alternate pushing DeltaBells down into the water. Keep movements close to your sides.

Touch in Front/Touch in Back:
With DeltaBells submerged at your sides, bring both DeltaBells together touching the front of your body. Bring DeltaBells around your body, touching in back.

Scoop Under:
With DeltaBells near to the water’s surface and arms held to your sides, flex and extend at your elbows as you pull DeltaBells® in towards arm pits.

Curls:
With elbows bent and arms held tightly at your sides, alternate pulling equipment down into the water. Vary moves by gripping DeltaBells palm up or palm down.

Cross Country Ski:
With DeltaBells held close to your sides, alternate swinging straight arms in front and in back of your body. Keep arms close to your sides.
**Abdominals**

**Jack Knife:**
Assume a reclined position with hips submerged and lower legs at the surface. Using your abdominal muscles, curl forward lifting chest toward knees. As you gain strength in your abdominals, focus on keeping your legs straight and maintaining lower leg position.

**Double Knee Crunch:**
Assume a reclined position with hips submerged, knees bent, and lower legs at the surface. Using your abdominal muscles, curl forward reaching chest and knees toward each other. Extend and repeat.

**Obliques:**
Assume a reclined position with legs together and knees bent. Twist knees to one side. Keeping legs together, twist to the opposite side.

**Cross Over Crunch:**
Lie on your side with knees drawn in toward chest. Focus on crunching in at your side as you pull both upper and lower body in toward your waist. Change sides and repeat.
**Diamonds:**
Begin with body in a vertical position, bottoms of your feet pressed together, and knees turned out from the hips. Lift and lower heels, squeezing buttocks on the lowering motion.

**Double Knee Tuck:**
This move is similar to double knee crunch except the body is positioned with the front facing down. Holding your DeltaBells at your sides, pull bent knees up to your chest, tightening your abdominal muscles. Extend legs while squeezing your buttocks tight.