

SWIM metaqua



No Pain, Just Gain

Easy to learn and will last you a lifetime

Water Fitness Program

Developed by Sally Walsh

100% Waterproof Book



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Suitable for all ages, fitness levels & swimming abilities.
Designed using a pair of fins, kickboard/noodle all while your head
remains above the water.

Easy to Learn and will last you a lifetime.

No Pain, Just Gain

Acknowledgments; Sara Morton Stone, Brenda Graham,
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Getting Started

To get the best everlasting result from using the Metaqua Program you must listen to your body so your mind can process what's best for you. Metaqua is suitable for all ages, fitness levels and swimming abilities. The head remains out of the water at all times.

Metaqua's motto is **NO Pain, JUST Gain.**

The golden rule when using the Metaqua Program is, if an exercise is hurting you **STOP** using it. Let your body be the judge on what it can and can't do. For any exercise program to work for you your body must first and foremost enjoy it. Metaqua is easy to use and will become a part of your life. Its ability to allow you to work at your own pace is unique and once you have learnt the program it will last you a life time. If you pull up too sore after a Metaqua swim it simply means you have done too much. Metaqua is about enjoying getting fit while not putting any strain on your joints.

Equipment

Fins Fins are to be of medium length. I do not recommend short fins or no fins when swimming the Metaqua Program. If you haven't worn fins before don't be disappointed if you are having a bit of trouble getting the hang of them. With a bit of practice you'll master them. It has been well documented that wearing fins does make the



body work harder. However, it is most important to note that you are in control of how much pressure you apply when using them. Wearing a pair of socks under your fins will not only make them more comfortable it will also reduce the risk of rubbing. Always put your fins on in the water and take them off before you exit the pool. The art to walking in fins in the pool is to walk backwards and when you go to stand up in them, land them like a plane, heels down first followed by the nose. Always test how slippery a pool floor is by putting one fin on and rubbing the pool floor. Tile floored pools have a much greater chance of being slippery. So be careful.

"This is a great warm up exercise.

We recommend you always start a Metaqua swim with this exercise.

People with back ailments should start with **Back legs 2.**"



Front Legs



Working legs kicking forwards using a freestyle kick



With a board, noodle or a combination of both

- Hold your board or noodle on the top of the water out in front of you, slightly bending your elbows as this will place your shoulders and neck in a more comfortable position • Start kicking your legs one at a time up and down using freestyle kicks, letting your legs govern your pace.



- If more buoyancy or security is desired try the combination method of putting the noodle around you with the board on top of the water.



“It’s not a race and most important you work your body at its current fitness level.”

"I'm not a fan of fashion diets.

I use the 80% good and 20% bad diet."



Back Legs

2

Working legs kicking backwards using freestyle kick



With a board, noodle or a combination of both

- Lying on your back, hold your board on top of the water or place noodle around you
- Kick backwards, one leg at a time using freestyle kicks.



- For more neck support place board or noodle behind your neck.



- If more buoyancy or security is desired, try placing the noodle around the back of you with the board on top of the water.



“This exercise is wonderful for people suffering from back pain as your back will be in a sling position.”