Aqua Cross is a general conditioning program that provides rapid adaptation to any person, regardless of age or physical level, resulting in further optimization of the following physical abilities: power, cardiorespiratory and muscular endurance, agility, balance, coordination and strength. It combines aerobic and resistance exercises with focus on functional (multi-joint) movements, resulting in improvements to aerobic capacity and body composition.

Heart rate (HR) and the rate of perceived exertion (RPE) seem to be the most commonly used parameters to monitor intensity of training sessions (Nakamura et al, 2009) because of the linearity between RPE and physiological variables (Pinto et al, 2015). These methods are inexpensive and easy to apply. The Borg scale (1982) is the most popular method for measuring RPE. However, there are others based on simplified models of perceived effort OMNI scales, which are targeted to specific populations and activities (Robertson et al 2004; Utter et al., 2004; Mays et al, 2010).

**BASIC PROTOCOL**

Organized as station (6 to 10 stations circuit), completing as many repetitions as you can in one minute. At the end of this time is counted total number of repetitions and the trainer making notes immediately. The interval between exercises is only 20” which corresponds to a partial recovery.

The dynamics of repetition maximum and quantification of execution of movements take place throughout the main part of the class. The student will be subjected to 6-10 exercises, with the intention of 2-3 sets. The interval between sets is between 2-5`, depending on the total volume training. To compose stations has different equipment and challenges, to characterize the AquaCross you need at least two of the elements to break the routines.

Bike, steps and run, as a great option to improve your cardiovascular condition, mind and soul trough amazing cross-training and hiit benefits provided by this mix classes, using both space into the pool. Come to spend more energy and challenge yourselves!

**SOME OPTIONS TO ORGANIZE AQUACROSS:** Treadmill; Bike; Rope; Hydrotone; Pliometry with weight; Medicine ball; minitrampolim; Steps.
WHAT DO YOU NEED TO REMEMBER TO CONSTRUCT YOUR CLASS?

CHECK LIST

✓ **Intensity** – **Volume** – **Complexity**
✓ **What is the purpose of the circuit** (type of work, energy pathways...)
✓ **Working time and rest**
✓ **How many stations and turns are possible in previous time**
✓ **What exercises and intensities** (attention to the balance of muscle pairs)
✓ **What equipment** (goals, security, ease of use / placement) return on equipment
✓ **Characteristics of his students, his gym, your space**
✓ **Alignment / Posture**
✓ **Training Evaluation**
✓ **Scoreboard and Intensity Control**
✓ **You are teacher; focus on your education, communication, performance, observation and intervention.**
✓ **Be creative!** (with justification)

References: