

**TRANSITION PHASE:**

Emphasis on easy endurance exercises and range of motion workouts with breath/relaxation a priority.

Warm-ups: Move in six directions, use variable foot positions

	<p>TRANSITION 4.1 AE and yoga            WU x 10 @ 4-8            AE x 6 @ 6-8            Yoga x 4 min            Repeat x3            WD x 10 min</p>	<p>TRANSITION 4.2 AE and mobility            WU x 10 min @ 4-8            AE x 7 min @ 6-8            Upper Body Mobility x 3 min            AE x 7 min @ 6-8            Lower Body Mobility x 3 min            AE x 7 min @ 6-8            Total Body Mobility x 3 min            WD x 5 min</p>	<p>TRANSITION 4.3 low intensity interval            WU x 10 min            low intensity intervals (15 minutes)            Hard @9 x 30 sec            Low-Moderate @6 x 1 min            Moderate @7 x 1 min 30 sec            Low-Moderate @6 x 1 min            Easy @5 x 1 min            Repeat x 3 (change focus FP/SP/TP)            AE x 5 min @5-7            Low Intensity Interval x 5 min @5-8            AE x 5 min @5-7            Low Intensity Tabata x 4 min @5-8            WD x 6 min            Joint awareness</p>	<p>TRANSITION 4.4 water specific training            WU x 10 min with sculling practice            Water specific movement training (10-            minutes) @5-7            Exercise #1. Grounded x 3 min            Change Body position x 2 min            Exercise #2. Neutral/suspend x 3 min            Change Body position x 2 min            AE x 5 min @6-8            Repeat x 2            Core large ROM exercise x 5 min            WD x 5 min            Water awareness</p>
Movement intensity:	Breath awareness	Range of motion awareness		
Metabolic intensity:				
Variable:				

**Notes:**

ADLs = eating, bathing, dressing, transferring, toileting, walking or moving around

IADLs = Cooking, house cleaning, taking medication, laundry, shopping, personal finance, communication, transportation

Water specific movement training = get reacquainted with the benefits of water with changes to impact (neutral/suspension) body position (stand, sit, kneel, side lying, supine, prone)