

SUPPLEMENTARY MATERIAL - ANNEX I

TRAINING A

EXERCISE	TIME / INTENSITY	TYPE
<p>Stretching of the upper and lower limbs, cervical and thoracic spine.</p> <p>Start with upper limbs and then with lower limbs:</p> <ol style="list-style-type: none"> 1. Extend your arms above your head; 2. Extend your arms forward on the pectoral line; 3. Horizontal adduction of the arm at the height of the pectoral; 4. Flex and extend the wrist; 5. Abduction of the arm taking the hands behind; 6. Flex and extend the cervical spine; 7. Perform extension of the lumbar spine looking up; 8. Flexion of the hip, taking the tip of the foot; 9. Flex the knee by pulling the heel towards the gluteus; <p>All exercises must observe the correct maintenance of posture</p>	<p>Duration of 10 minutes with relatively intense: light-borg scale 11 and 12.</p>	<p>Stretching</p>
<p>Walk in the pool alternating arms and legs</p> <ol style="list-style-type: none"> 1. Walk by the pool at a fast pace, performing adduction and abduction of the arms horizontally, that is, approach the arms and move away at the height of the pectoral; 	<p>Duration of 5 minutes: for each exercise, perform 2 sets of 1 minute with 15 seconds of rest - slightly tiring intensity - Borg scale 13 and 14.</p>	<p>Heating</p>

<p>2. Run with knee lift to diagonal with heel lift medially and simultaneously the hands touch the inside of the heels alternately, that is, approach the thigh laterally towards the abdomen and touch the inside of the foot alternately.</p>		
<p>Lateral walk alternating arms and legs; 3. Side walk performing adduction and abduction of the legs, performing adduction and abduction of the arms horizontally at the height of the chest, going from one side of the edge to the other of the pool. 4. With the hands on the hips, perform lateral kicks, performing the knee flexion and extension movement, that is, pushing the water laterally.</p>	<p>Duration of 5 minutes: the third exercise lasts for 2 minutes; the fourth exercise perform 3 sets of 40 seconds with rest 20 seconds - slightly tiring intensity - borg scale 13 and 14.</p>	
<p>Static running with alternating leg elevation 1. Combine the elevation of the knees with the same flexed and perform the extension and flexion of the elbows vertically alternated, as if pushing the water downwards.</p>	<p>Duration of 5 minutes: for each exercise: perform 3 sets of 40 slightly tiring intensity - Borg scale 13 and 14.seconds with rest 10 seconds.</p>	<p>Resistance</p>
<p>Static running with alternating leg elevation with adduction and abduction of the arms 2. Combine the heel lift backwards, that is, bring the heel closer to the gluteus with the addition of arms adduction and abduction</p>		

<p>vertically, bringing the arms closer and further away from the medial line of the body.</p>		
<p>Kick forward (flexion and hip extension movement with semi-flexed knee)</p> <p>3. Perform the knee elevation forward with one leg and with the other leg perform the heel elevation back, that is, approach one thigh to the abdomen and the other leg the heel of the gluteus, alternately. This movement is called the medial pendulum.</p>	<p>Duration of 5 minutes: for each exercise, perform 2 sets of 1 minute with 10 seconds of rest - slightly tiring intensity - Borg scale 13 and 14.</p>	
<p>Side kick</p> <p>4. Perform the movement of adduction and abduction alternately, that is, raise the leg laterally alternately. This movement is called a lateral pendulum.</p>		
<p>Abduction and adduction of the upper limbs, using halter.</p> <p>5. Perform adduction and abduction of the arms horizontally, that is, bring the arms closer and further away from the medial line of the body with the help of dumbbells. 6th Perform the movement of flexion and extension of the arms vertically, that is, push down with the help of dumbbells. 7° Perform the movement of adduction and abduction of upper limbs in the pectoral line horizontally, with movement of adduction and abduction</p>	<p>Duration of 10 minutes: for the 5th and 6th exercises, perform 3 sets of 1 minute seconds per minute with 15 seconds of rest; For the 7th exercise, perform 2 sets of 1 minute, with 30 seconds of rest - slightly tiring intensity - borg scale 13 and 14.</p>	

<p>of lower limbs, simultaneously with “skips”.</p> <p>This movement is called a jumping jacks.</p>		
<p>With the help of spaghetti in the posterior region of the trunk, perform relaxation movements</p> <p>Lie in the water with the aid of a noodle at the back of the trunk, perform adduction and abduction movements of the legs, that is, bring the legs closer and further away from the midline of the body. Then perform the hip flexion and extension movement, approaching and removing the thigh to the abdomen.</p> <p>Finish with the breathing work to relax all the muscles of the body.</p>	<p>Duration of 10 minutes with relatively light intensity - borg scale 11 and 12.</p>	<p>Relaxation</p>

TRAINING B

EXERCISE	TIME / INTENSITY	TYPE
<p>Stretching of the upper and lower limbs, cervical and thoracic spine.</p> <p>Start with the trunk and lower limbs and then with upper limbs:</p> <ol style="list-style-type: none">1. Flex and extend the cervical spine.2. Perform extension of the lumbar spine looking upwards.3. Flexion of the hip, taking the tip of the foot.4. Knee flexion by pulling the heel towards the gluteus5. Extend your arms above your head.6. Extend your arms forward on the pectoral line7. Horizontal adduction of the arm at the height of the pectoral.8. Flex and extend the wrist;9. Abduction of the arm taking the hands behind; all exercises must have the correct maintenance of posture.	<p>Duration of 10 minutes, with relatively light intensity - Borg scale 11 and 12.</p>	<p>Stretching</p>
<p>Walk in the pool alternating arms and legs</p> <ol style="list-style-type: none">1. Accelerated walk with kneeling forward, with elbow flexion and extension, that is, pushing the arms towards the floor; maintaining the correct posture of the spine.2. Running in displacement with knee elevation backwards, that is, take the heel towards the gluteus, touching the hands on the back of the heel.	<p>Duration of 5 minutes: each exercise should be performed for the duration of 2 sets of 1 minute with 15 seconds of rest - slightly tiring intensity - Borg scale 13 and 14.</p>	<p>Heating</p>

<p>Side walk alternating arms and legs</p> <p>3. Side walk performing the adduction and abduction movement of the legs, performing adduction and abduction of the arms horizontally at the height of the chest going from one side of the edge to the other of the pool</p> <p>4. With the hands on the hips, perform lateral kicks, performing the knee flexion and extension movement, that is, pushing the water laterally.</p>	<p>Duration of 5 minutes: the third exercise lasts for 2 minutes; the fourth exercise perform 3 sets of 40 seconds with rest 20 seconds - slightly tiring intensity - borg scale 13 and 14.</p>	
<p>Jump in place, propelling the body upward</p> <p>1. Perform jumps without leaving your seat, propel your body upwards, with your hands resting on your waist.</p> <p>2. Perform jumps leaving the place, with the help of the hands pulling the water back)</p>	<p>Duration of 10 minutes: for each exercise, perform 3 sets of 40 seconds with 10 seconds rest - slightly tiring intensity - Borg scale 13 and 14.</p>	Resistance
<p>Jump forward, backward, right and left</p> <p>3. Perform “bounces” propelled the body upwards, going in the forward, backward and sideways directions, with the hands resting on the waist.</p>		
<p>Rotation movement of the trunk to the right and to the left</p> <p>4. Perform jumps to the side doing a trunk rotation with the arms to the other side, pulling the water to the sides alternately, this movement is called ski;</p>		
<p>Push the water with your palms forward and sideways alternately, using a dumbbell.</p> <p>5. Perform jumps to the side doing a trunk rotation with the arms to the other side,</p>	<p>Duration of 10 minutes: for the fourth and fifth exercises - perform 3 sets</p>	

<p>pulling the water to the sides alternately, this movement is called ski).</p> <p>6. In displacement, perform the movement of flexion and extension of the elbow horizontally, that is, push the water forward, with a lateral kicking movement alternately.</p> <p>7. Without performing displacement, perform the elbow flexion and extension movement horizontally, that is, push the water forward, alternately kicking the front.</p>	<p>of 1 minute with 15 seconds of rest; For the sixth exercise, perform 2 sets of 1 minute, with 30 seconds of rest - slightly tiring intensity - Borg scale 13 and 14.</p>	
<p>With the help of spaghetti in the posterior region of the trunk, perform relaxation movements</p> <p>Lie in the water with the help of a noodle at the back of the trunk, perform adduction and abduction movements of the legs, that is, bring the legs closer and further away from the medial line of the body. Then, perform the knee flexion and extension movement, move</p>	<p>Duration of 10 minutes with relatively light intensity - Borg scale 11 and 12.</p>	<p>Relaxation</p>

the thigh closer and further away from the abdomen. Finish with the breathing work to relax all the muscles of the body.

