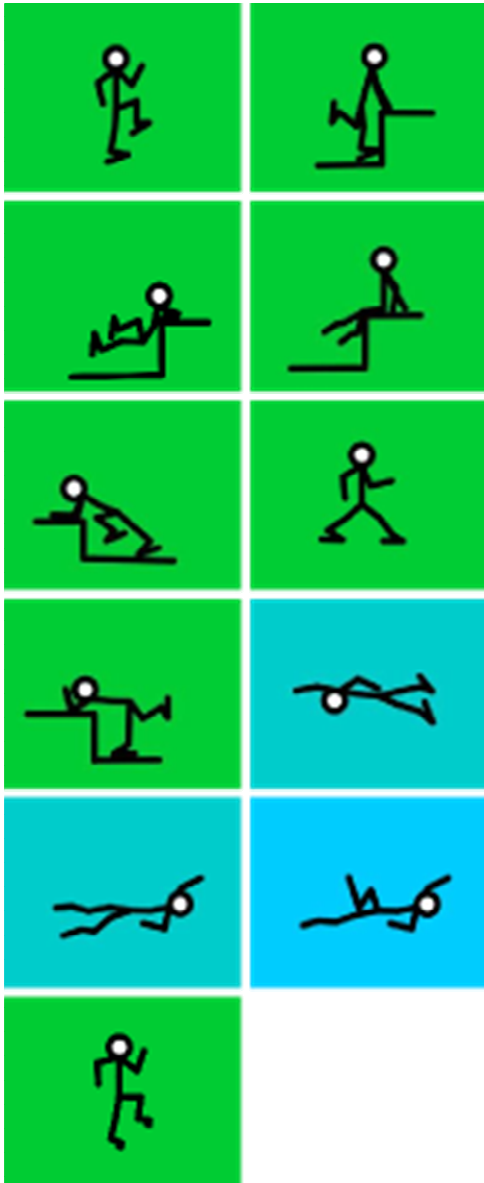


## THE GUIDE to POWER WATER WORKOUTS by REVFIN

*For runners and all sportmen*



**Revfin** is the pool training tool ideal for people who want to use the water's resistance, hydrostatic pressure and buoyancy to increase their muscle power, endurance, and flexibility. The basis of contemporary training was founded *several years ago* and is more widespread nowadays because *water* training enable to maintain and improve performances. Soon many athletes discovered the power water workouts. Among others: Usain Bolt, Florence Griffith, Jessica Ennis, Wilt Chamberlain, John Lloyd, Mike Powell, Valerie Brisco, Luc Robetaille, Bo Jackson. Although a new option in sport training, water training is gaining popularity as coaches and fitness professionals learn more about its effectiveness.

**Revfin** has been designed to take full advantage from water resistance. By means of its adjustable blade it increases drag to the feet and body movements. By its peculiar shape, and customization features, it allows to work on several training programs. By **Revfin** you can create your **complete** work overload that is so stressful to provide muscular adaptation but not severe enough to cause injury or impair performance through over-training.

Apply **Revfin** workouts for:

- **Injury Rehabilitation and prevention**
- **Fitness and cardiovascular training**
- **Performance Enhancement**





## REVFIN Drill N.1: HIP FLEXORS HIGH KNEES TO RUN FASTER

The initial knee lift phase is propelled by the muscles at the hips. The Hip Flexors are the iliacus and psoas muscles. Their contraction commences the movement of the thigh up towards the abdomen. To perform this exercise with **Revfin**, lift one knee as high as possible while pointing the foot and straightening the opposite leg. Perform some fast or slow reps depending on the level of water resistance intensity you like and according to your current level of fitness. Running drills also strengthen your psoas muscles which act as levers during all types of running. The key point for a strong psoas, and proper knee lift in sports, is training by lifting your knee up to 90 degrees or higher. Being strong in 90 degrees-plus of hip flexion also helps ensure optimal femur stability control.

### The main involved muscles when you perform this drill by REVFIN

#### Hip Flexors

1. Iliacus
2. Psoas
3. The rectus femoris
4. Abdominals



## REVFIN DRILL N.2: HAMSTRING CURL STRONG HAMSTRIGS AGAINST INJURIES

To perform this exercise by **Revfin**, stand facing the pool wall so you can hold on for balance. Tighten the back top of your right thigh, flex your foot and lift your right leg straight out to the back. Lift as high as you can without tipping forward or arching your low back. Then, lower slowly down.

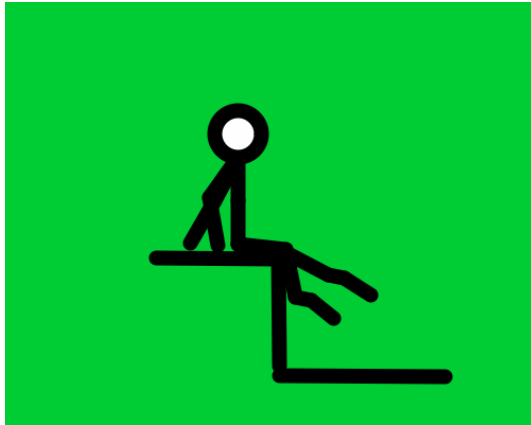
### The main involved muscles when you perform this drill by REVFIN

#### Hamstrings

1. Semitendinosus
2. Semimembranosus
3. Biceps femoris (long head and short head)
4. Gastrocnemius
5. Soleus

Leg curls of all kinds are excellent assistive exercises for the hamstrings. They are unique, because unlike their counter movements, the leg extension, they provide no shear forces to the knee, and provide a direct component of hamstring training that cannot be obtained any other way. Leg curls by themselves cannot develop the fullest strength potential of the hamstrings, but they are both a great beginning movement, and are effective in the prevention of injury from hamstring pulls during running and sprinting.





### REVFIN DRILL N.3: LEG EXTENSION

#### ANKLE STRENGTH, KNEE INJURIES PREVENTION

Rotate **Revfin's** blade and fit it Extended, stand sitting on the edge of the pool with your legs in the water. Keep your upper body straight and your back flat against the floor. Exhale and lift both of your legs until they are completely extended. Slowly lower your legs back to the starting position. If desired, lift one leg at a time.

#### The main involved muscles when you perform this drill by REVFIN

##### Quadriceps

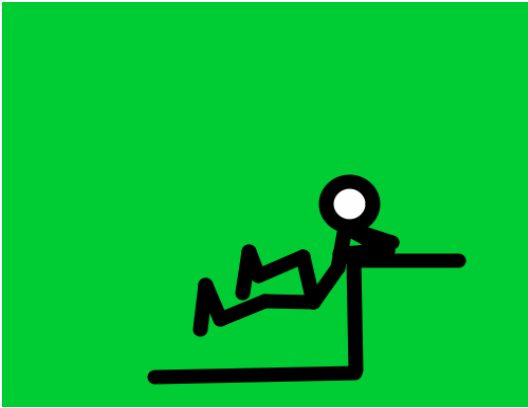
1. Rectus femoris
2. Vastus medialis
3. Vastus lateralis
4. Vastus intermedius
  
5. Ankle muscles

Leg extension is a open chain exercise. In a study comparing open versus closed chain training amongst athletes undergoing, it was concluded that subjects engaging in open chain quadriceps strengthening were significantly more likely to return to their sports at pre-injury levels than those employing closed chain .

Work with **Revfin** to strengthen ankle muscles: sit and slowly straighten your knee. While holding the knee straight bend the ankle and point the toes. Then, reverse to point them toward the ceiling. **Revfin** with Extended blade increases the drag to your ankle movements and helps you to reach higher ankle flexibility.



## REVFIN DRILL N.4: CICYCLING AND PRONE BRIDGE CORE WORKOUT FOR ALL SPORTS



### The main involved muscles when you perform this drill by REVFIN

1. Abdominals
2. Trunk
3. Torso
4. Buttocks (Hip extensors)

Stand sitting on the edge of the pool with your legs in the water. Keep your upper body tilted and supported by your elbows against the floor. Bend your knees and kick in a cycling simulation. Slide your body into the water without remove your elbows from their position, lift your knees as close to your chest as possible, raise the foot as much as possible, and pull the heel close to the buttocks at the end of each cycle. Push explosive the water! The heel mounted **Revfin's** blade adds drag to your movements and strengths your buttocks too.

### The importance of the runner's core strength.

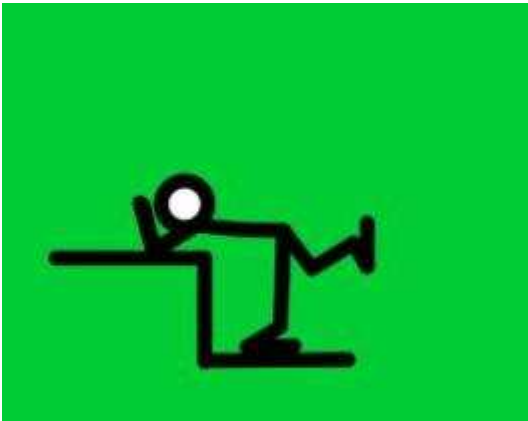
The muscles of the trunk and torso act to stabilize the spine, pelvis and shoulder girdle. From this solid, balanced base the limbs can be moved powerfully and under control. In fact before rapid movements of the extremities can take place, the central nervous system stabilizes the spine in anticipation. The rate at which the core muscles stabilize the spine may have a direct effect on the power of limb movement. Core strength training differs from many traditional weight training routines by working both the lower back and abdominals in unison. The same is true for the upper and lower body. All athletic movements incorporate the core in some way. Very few muscle groups are isolated. Instead the whole body works as a unit and core strength training endeavours to replicate this.



## REVFIN DRILL N.5: BACK KICK, START POSITION START LIKE BEN JOHNSON



In a face down position on the pool wall, balance on elbows or your hands lift the knee explosive. This movement simulates the start from the blocks and is a very effective workout for hip flexors. **Revfin's** blade position adds the drag load in axis with your back increasing the hip flexors effectiveness.



Face down position on the pool wall, balance on elbows while pushing back explosive the foot. While extending the hip by a semicircular movement, make sure of moving both joints into their full range of work. This exercise, very similar to quadruped hip extension, step-ups and lunges, generates significantly more buttocks activation than squats. Performing this exercise in the water by **Revfin** leads to two advantages:

- You get additional drag to your movements to simulate blocks push out
- Your legs weight is balanced by the water, then the back muscles are unloaded as well.

### The main involved muscles when you perform this drill by REVFIN

#### Hip Flexors

1. Iliacus
2. Psoas
3. The rectus femoris
4. Abdominals
5. Buttocks



## REVFIN DRILL N.6: CROSS COUNTRY SKIING IMPROVE YOUR FEMORIS STRENGTH



### The main involved muscles when you perform this drill by REVFIN

#### Quadriceps

1. The rectus femoris
2. The vastus medialis
3. The vastus lateralis
4. The vastus intermedius
5. Hamstrings
6. Hip extensor

In these exercises, the athlete coordinates arms and legs as they would to cross country ski. The body is vertically aligned and legs and arms are kept straight. The basic motion is to scissor the legs forward and backward from the hip leading with the toes while the arms pull through the water. Actually, by **Revfin** your whole body do not quite move forward due to the low friction of the blade with the pool floor. This helps in performing the drill even when few pool slots are available.

Water cross country skiing can help improve running economy (the amount of oxygen used during a run). Because the hips, quadriceps, core and upper body are all involved in performing this workout, it helps in developing the weaker quadriceps without impact. One of the greatest benefits that comes from this activity is the high calorie expenditure.

## REVFIN DRILL N.7: CRAWL GENERAL WORKOUT



### The main involved muscles when you perform this drill by REVFIN

1. Forearm muscles
2. Latissimus dorsi
3. Pectoral
4. Biceps and Triceps
5. Hamstrings and quads
6. Hip extensors
7. Thoracolumbar fascia

**Revfin** shows its highest potential while swimming freestyle. Additional drag from your feet will slow down your speed. Thus, you have to swim at highest power to move in the water. This exercise is really vital for runners and footballers because of its spinal and lumbar muscles eccentric action that prevents back injury.

The full-body nature of swimming requires wholly different movement patterns, giving a runner the opportunity to work some of those often forgotten muscle groups. Although the theory of specificity suggests that a runner must run to improve, many of our bodies aren't built to achieve optimal fitness through running alone. The muscle imbalances that occur over many miles only worsen with each step. Swimming introduces new ranges of motion and strengthens muscle groups that have been neglected, helping a runner avoid classic overcompensation injuries.



## REVFIN DRILL N.8: BACKSTROKE COMPLETE LOWER BODY WORKOUT

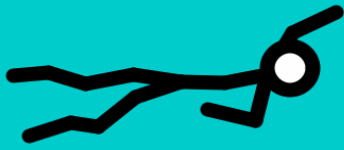
Fit **Revfin** Classic version and swim backstroke. The blade stiffness decreases the magnitude of flapping and the kick becomes a good exercise for leg muscles, abdominals and glutes. Adding backstroke to your workouts has several benefits that will help you in and out of the pool. Aside from being a great total-body exercise and calorie-burner, backstroke can be the perfect antidote to rounded shoulders or even back pain.

If you're a runner, swimming is a low-impact way to cross train between runs. Backstroke kicks engage the muscles in your legs and glutes for a complete lower-body workout; further challenged by the resistance of the water.

When you're not rocking it out in the weight room, use backstroke as a way to straighten your arms and shoulders. Once your fingers enter the water to begin your catch, your biceps must bend against the resistance of the water to finish each stroke. Although your biceps and lats are in the greatest demand during the catch, your triceps and lats will benefit as well.

## REVFIN DRILL N.9: CYCLING BACKSTROKE CALFS STRENGTHENING WORKOUT FOR RUNNERS

Fit **Revfin** Extended in order to perform this exercise correctly. Start swimming backstroke normally but do not keep straight legs. Instead, move your legs as cycling. As you bend heel near to the buttocks rotate the toes to the ceiling preparing to kick the water away. This exercise can be performed by **Revfin** only. It is not possible to do that by a regular fin because of the not suitable blade stiffness. This is a great workout for buttocks, quads and calves. Try how excellent and unique is the degree of stress of the Tibialis Anterior.



### The main involved muscles when you perform this drill by REVFIN

1. Hip extensors
2. Hamstrings and quads
3. The rectus femoris
4. The vastus medialis
5. The vastus lateralis
6. The vastus intermedius
7. Ankle
8. Abdominals



### The main involved muscles when you perform this drill by REVFIN

1. Calves
2. Tibialis and soleus
3. Hip extensors
4. Hamstrings and quads
5. Rectus femoris
6. Vastus medialis
7. Vastus lateralis
8. Vastus intermedius
9. Abdominals



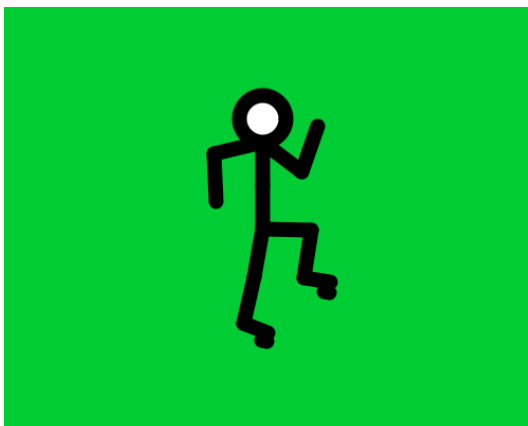
## REVFIN DRILL N.10: LEGS BACK AND FORTH STRENGTHENING YOUR LEG MUSCLES

Raise the your knee up towards the hip while moving your arms to keep the body balanced. Extend your foot forth and retract it back to the staring position with the heel toward the buttocks. Then, move knee backwards as much as possible extending the foot back as well.

Playing this drill into the water by **Revfin** allows your hands to keep the body balanced. Then, by the extra drag together with the three water aerobics topics: weightless, water massage and water resistance to movements give the effectiveness to the exercise.

### The main involved muscles when you perform this drill by REVFIN

1. Hip extensors
2. Hamstrings and quads
3. The rectus femoris
4. The vastus medialis



## REVFIN DRILL N.11: ANKLE JUMP, STRENGTHENING YOUR ANKLE

Fit **Revfin** jumping mode. You have to change the blade and insert the new one customized by neoprene thick fabric in the front side. Jump into the water either by the two feet aside or one at a time. Keep the vertical movement aligned and gradually increase the jump frequency and amplitude. Pivot the weight by using the toes and lift the back of your feet off. The two muscles that make up the calf are the gastrocnemius muscle, which gives the calf its rounded shape and the soleus, which is the flatter, longer muscle running underneath the gastrocnemius and lower down your leg. Both of them are involved in the wide range movement obtained by the water floating effect. Besides, the whole ankle ligaments set is strained.

This is the great advantage from this drill by **Revfin**: regardless your weight the water amplifies and slows down the movements allowing gradual and customized muscles and tendons stress.

### The main involved muscles when you perform this drill by REVFIN

1. Peroneus
2. Gastrocnemius
3. Tibialis Anterior
4. Soleus

