

Be strong+well

best ways to de-stress

View the
workout!
**shape
studio**
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GO BLUE

By Lauren Mazzo

When you add water to a cardio workout—whether you're swimming laps or doing a pool boot camp—you turn it into a total-body resistance routine. "Water counters every move you make when you're fully immersed," says exercise expert Lori Sherlock, Ed.D., at the West Virginia University School of Medicine. "As a result, you work the muscle pair, not just a single muscle—for example, the biceps as you curl and the triceps as you lower." That adds up: In a recent study in *Sport Sciences for Health*, fit women who did water workouts twice a week increased muscle mass in their arms and core, dropped body fat, and improved their VO_2 max (a measure of fitness) by 15 percent over two months. Even cooler? There's a mental calm you trigger the minute you take the plunge. Use these pages and our new *Shape Studio* video workout as your how-to for soaking up all the benefits.

GEAR UP

Look Sharp

The latest goggles aren't just water blocks for your eyes; they're performance enhancers. The (1) Roka F1 Goggle with dark-amber mirror lenses (\$25 in 11 tints, roka.com) works magic in transitional light (mid-morning, midafternoon), while the (2) Speedo Covert Goggle with rose lenses (\$30 in six tints, speedousa.com) is optimal for low to medium light. And the (3) Magic5 goggle (Blue Magic shown, \$54, themagic5.com) uses an app to scan your face to deliver a tailored-just-to-you fit.

800x

That's about how much denser water is than air. Beyond added resistance, "this density offsets the compressive stresses of gravity as you jump or run," says Dan Daly, a cocreator of Equinox gym's EQX H2O pool class.



Take your HIIT to the water

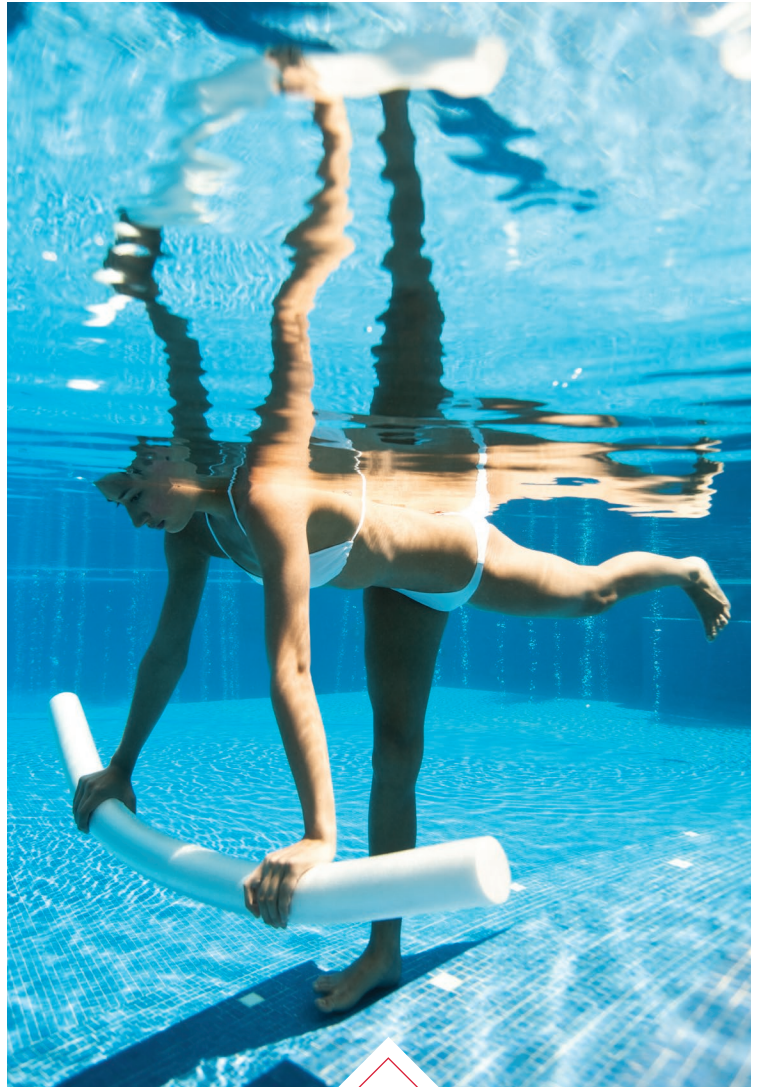


You might be amazed at how quickly gym exercises like lunges become high intensity when you're doing those reps in chest-high water. That's part of the efficiency of pool classes such as Life Time gym's WTRX, which combines strength moves—both on deck and submerged—with as-many-reps-as-possible pacing. "This type of water workout is boot camp and recovery in one, with 90 percent less compression on the joints but the same intensity as land exercises," says Jeimy Bueno Prisby, a studio and cycle manager at Life Time Westchester in New York, who helped develop WTRX. For our latest installment of the Shape Studio video workout, Bueno Prisby leads you through a circuit of key WTRX moves—jump squats, horizontal push-ups—you can take to your pool for serious HIIT. Scan the code at right to watch it now!



Hover your phone's camera over this smart code to unlock the workout!

Styling by Elizabeth Press/Judy Casey Inc.



Q ● How should I occupy my mind during pool time?

Lean into the sensory deprivation to turn it into a moving meditation. "The immersive experience of water can drown out some sound and sight, directing an exerciser's focus to their body and breath," Daly says. These conditions, along with rhythmic swimming strokes, "shift us into a more mindful and meditative state," says researcher Wallace J. Nichols, Ph.D., at California Academy of Sciences. Bonus: "Studies show swimming positively influences your mental health and cognition," says Hirofumi Tanaka, Ph.D., a lab director at the University of Texas at Austin.