

examiner.com

Scuba Fitness: Featured Exercise - The Dolphin (Photos)



The Dolphin (Rod Klein, Photographer, Loren Kurz, Fitness Model)



Gretchen Ashton
Carlsbad Scuba Fitness Examiner

January 4, 2013

“ *This exercise emulates the fin-kick swimming of both dolphins and divers.* ”

Exercising at the beach has its benefits! The sea brought us a gift during our Sunday evening walk at **Tamarack Beach** in Carlsbad. A small bottlenose dolphin (perhaps 4 feet in length) became caught in the surf. We came upon it rolling in and out with each swell, but stranded completely on the sand between waves. It

appeared healthy and determined to get back in the water. Slightly fatigued and disoriented, it's tail and fins were of little use out of the water. To prevent it from further injury, we held it in an upright position perpendicular to the beach for a couple of small swells. Within a few minutes a wave broke with enough water to lift the dolphin off the sand. It immediately tried to swim, moving it's tail vigorously. It took two attempts and the assistance of two other passersby, but with a good push we sent the dolphin back into the surf. It lingered just off shore in shallow water first going south a few yards, then north a few yards. We weren't sure the event was a success until the dolphin turned jumped over the top of an incoming swell and headed straight off into the sunset. We cheered and clapped and waved. What an awesome gift!

Scuba divers have a particular affection for the ocean and its creatures. So much so that names of sea life transfer to other activities. This exercise is aptly named as it emulates the

fin-kick swimming of both dolphins and divers. The Dolphin is a **ScubaFit®** original.

The Dolphin integrates low back, hamstrings, gluteus and abdominal muscles in a prone position using the lower body as resistance instead of the upper body. Walking backwards, kicking through strong currents, turtle swimming, wave action, surf and sand are all conditions where this exercise will enhance diving performance and prevent injury.

Form: Begin by lying face down on a workout bench with hips aligned at the end of the bench at a 90 degree angle. Knees should be aligned directly below the hips also at a 90 degree angle with ankles flexed. Hold on to the bench firmly, squeeze the buttocks, and extend both legs. Hold for a one-to-three count and return the legs to the starting position. Repeat 10 times then rest. Watch the slide show to see the exercise starting and extended positions.

First timers may want to extend one leg at a time to see how the exercise feels before progressing to both legs simultaneously.

Breathing: Remember to inhale before starting the exercise and exhale while extending the legs. Inhale again while lowering the legs to the starting position and exhale while extending the legs.