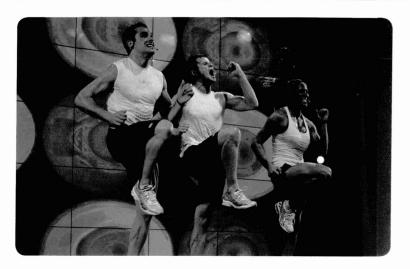
## POWER

## **Are You Ready For This** > 5:16 mins

								Bá
0:00		This is	4x8		Run OTS. RA	32		2
0:11	Instr	(Melody)	4x8		◇■> HIGH RUN & JUMPING JACK SQUARE COMBO High Knee Run F. R4	8		
0.11	IIIou	(Melody)	4,0		4x Jumping Jack B to R side. Double Arm	0		H
					Reach Up	8		
					High Knee Run F to B. <i>RA</i> 4x Jumping Jack B to L side. <i>Double Arm</i>	8		1
				ļ	Reach Up	8		
0:23	Br	You ready	½x8	ļ	Jog OTS. <i>RA</i>	4		1
0:24	Instr	(Melody)	8x8		📼 High Run & Jumping Jack Square Combo	32	2x	3
0:48	ļ	Horouso	4x8	ļ		2		
		_ Here we		ļ	Jumping Jack. Double Arm Reach Up		16x	
0:59	D.,	_ Jump	4x8	ļ	Side Step Jump L, R	8	4x	
1:10	Br		2x8		Jog OTS Recovery	16		
1:17	V1	We know	8x8	A	Side Shuffle L. <i>Defense Arms</i> Single Shuffle R, L. <i>RA</i>	4		3
					Side Shuffle R. RA	4		
					Single Shuffle L, R. Defense Arms	4	4x	
1:40	Br	You	½x8	В	Jog OTS – HOLD!	4		1
1:41	С		8x8	С	்றை High Run & Jumping Jack Square Combo	32	2x	3
2:05	Instr	(_ Here we)	4x8	D	Jumping Jack. Double Arm Reach Up	2	16x	
2:17		(_ Jump)	4x8	Е	Side Step Jump L, R	- 8	4x	
2:29	Br		2x8	F	Jog OTS Recovery	16		1
2:35	V2	We know	24½x8		REPEAT SEQUENCES A to E			
3:47	Instr	Drop the	4x8	B <sup>1</sup>	Jog OTS. Clap Hands	32		1
3:58	Br	Do not	1x8	В	<b>☞</b> Jog OTS – HOLD!	8		
1:01	Instr		4x8	G	Plyometric Lunge. RA	4	8x	3
1:12	Ref	We know	4x8	D	Jumping Jack. Double Arm Reach Up	2	16x	
1:24		_ Here we	4x8	G	Plyometric Lunge L, R. RA	4	8x	
1:36	Instr	(Melody)	4x8	D	Jumping Jack. Double Arm Reach Up	2	16x	
1:47	Ref	We know	8x8		High Knee Run F. RA – get faster!	64		3/



- Run/High Knee Run March
- Side Step Jump Side Step & Heel Raise
- Jumping Jack Side Tap Side Bounce & Shuffle 2x Side Step & March



- Focus on your voice tone and delivery. Be more conversational in the verses then experiment with a strong driving tone in each chorus to challenge your participants. Try not to yell or be overly instructive – instead, think like a trainer and keep contrast in your voice to keep it real. Stay calm because you don't need to be high-energy in these tracks.
- · Try motivational statements such as:
  - "Is that going to be the rep you quit on? No way! Give me 2 more."
  - "Pain is temporary; quitting lasts forever."
  - "The weight comes off in the last 2 reps." (Lisa's favorite!)

## REMEMBER...

Strength training hurts and driving people further often involves reassuring them that the muscle pressure they feel is normal and that they need that pressure to generate the changes they seek.

Give them the confidence to hang in there when the discomfort kicks in with cues such as:

"Stay with the burn."

"Hold the pressure."

The secret is to have the class/client believe they can do what you're asking them to do and that they want to do it for themselves and for you as their trainer.

Options: Always have options for all levels in class as the aim is to start and finish each track by challenging individual strength.

Many people have gone further than they thought they ever would, just because someone believed they could.

