🜖 UPPER BODY CONDITIONING 🗦

PLANK STOMP

Drummer Boy > 4:51 mins

					**	′ ,	
		MUSIC			SEQUENCE/EXERCISE	V CTS	
0:00	Intro	Oooh	1x8			8	
0:04	Instr	(Drums)	4x8		March OTS Transition to floor	16 16	
0:19	С	_ I need	6x8		Tricep Pushup	4	12x
0:42	V1	_ I need	4x8	A A¹	PLANK STOMP Plank Tricep Position ◆ Stomp Stomp L Hand & L Foot Stomp R Hand & R Foot	16 2 2	4x
0:56	PC	Hear	2x8	A ²	Faster Stomp L, R	2	8x
1:04	С	_I need	6x8	В	Tricep Pushup	4	12x
1:26	V2	_ I like it	4x8	A¹	● Plank Tricep Position ● Stomp ● Slow Stomp	8 4	6x
1:41		_ Turn	4x8	A ²	Faster Stomp	2	16x
1:56	С	_I need	6x8	В	Tricep Pushup	4	12x
2:19	Br	_ 2, 3, 4	1x8		Reset into Plank in Chest Position	8	
2:23	V3	_ I need	26x8		REPEAT SEQUENCES ABOVE in Plank Chest Position		
4:00	Br	_2,3,4	1½x8	14	Come onto knees, roll shoulders	12	
4:06	Instr	(Drums)	2x8		Rest – shake out arms for recovery or drum roll 16 Move back to Chest Pushup Position		
4:13	PC	Feel	2x8	С	Top Half Chest Pushup	4	4x
4:21	С	_I need	6x8	C [†]	Single Chest Pushup	4	12x

STRENGTH TRAINING

0

Track Focus I want my class to know which muscle group they are working and work at the right level for them to the very end.

TECHNIQUE + COACHING CUES ♥	CONNECTION		
TRICEP PUSHUP * Hands under shoulders, chin in * Shoulders back and down * Belly braced, elbows brush ribs * Eyes forward Option: Hands closer to knees to make it easier	0000	Great Club feel with a strong beat In both sets of the final Chest Pushups – challenge the class to complete all of them and work hard to get the results! Tell them what the results are – stronger.	
PLANK WITH STOMP • Hips square and still • Back flat • Strong arms	000	leaner, more shapely bodies!	
CHEST PUSHUP • Hands outside shoulders • Shoulders back and down • Elbows out • Abs braced • Eyes forward, approximately 3 feet (1 meter) in front or	O O O t hands		

COACHING

It is important for people to find the right level for themselves; coach and encourage all levels.

Plank with Stomp – Find the rhythm in the Slow Stomp, *move foot and hand at the same time, shoulders down, abs braced, push into palms, chest up;* coach knee down **option**

Tricep Pushup — Tell your class they are working the backs of their arms/triceps. *Elbows into ribcage, abs braced,* use your own body strength to create the change; coach **option** to drop elbows back or rest

Chest Pushup - Elbows wide to work the chest, elbows in line with shoulders and over wrists





OPTIONS TO OFFER >>>>>>>

- Tricep Pushup On knees, bring hands closer to knees
- Chest Pushup On knees
- Plank Stomp Keep knees on ground