





# 1 WARMUP

California Gurlz > 5:12 mins

MUSIC		SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:00 Intro	4x8	Open Chest	8		1
		Reach L arm up	8		
		Reach R arm up	8		
		Roll down and up	8		
0:14 V1 I know	8x8	A 8-Tap Repeater L. RA	16		
		Squat Tap R, L. Single Arm Punch F	16		
		Repeat R	32		
0:41 PC _ You can	4x8	B Step Touch L, R. Open & Clap	4	4x	
		B <sup>1</sup> Step Curl L, R. Open & Clap	4	4x	
0:54 C California	8x8	C WALK & STEP CURL COMBO			
		Walk F&B L x3. RA	24		
		Step Curl L, R x2. Cross Pull Arms	8	2x	
1:21 Rep Ohh yeah	8x8	C <sup>1</sup> WALK & STEP CURL COMBO TO CORNERS			
		Walk F&B to front. RA	8		
		Walk F&B to L corner. RA	8		
		Walk F&B to front. RA	8		
		Step Curl L, R x2. Cross Pull Arms	8	2x	
1:48 Instr (Synth)	4x8	D Double Step Touch L, R. Double Arm Reach F	8	4x	
2:01 Br	½x8	D Double Step Touch L. Double Arm Reach F	4		
2:03 V2 I know	32½x8	REPEAT SEQUENCES A TO D (to the R)			
3:51 C California	4x8	A Squat Tap L, R. Single Arm Punch F	4	4x	
		A <sup>1</sup> Squat Tap L, R. Single Arm Punch Up	4	4x	
4:04 California	4x8	B  Step Touch L, R. Open & Clap	4	4x	
		B <sup>1</sup>  Step Curl L, R. Open & Clap	4	2x	
		B <sup>2</sup> Step Curl L, R. Open & Clap O/H	4	2x	
4:18 Rep Ohh yeah	8x8	C  WALK & STEP CURL COMBO	32	2x	
4:46 Instr (Synth)	8x8	D  Double Step Touch L, R. Double Arm Reach F	8	4x	
		B <sup>3</sup> Step Curl L, R. Cross Pull Arms	4	4x	
		B <sup>4</sup> Step Curl, L, R. Double Arm Reach Up	4	4x	

# AEROBICS & SPORTS TRAINING

9

Track Focus I want my class to drop, drive and work to their peak... with a smile!

## TECHNIQUE + COACHING CUES ✓

Maintain and coach Attack Position for all moves

### JUMPING JACK & SIDE STEP COMBO

- Feet hip-width, knees aligned over middle of feet on Jumping Jack
- Heels down, then push across to side
- Chest up
- Bend knees

### SIDE STEP JUMP

- Hips low
- Use your arms to drive up
- Bend knees to land low

### KNEE HOP

- Side to side, like stepping over a line
- Chest up
- Transfer body weight
- Brace abs

### TUCK JUMP COMBO

- Brace abs
- Swing arms

### HIGH KNEE RUN

- Knees up to waist height
- Chest up
- Running Arms

## COACHING

Use the Jogs to recover, breathe and relax and get ready to go again.

Set up the rhythm of the Knee Hops.

## GEARS COACHING

In the first two blocks – coach the gears like this:

GEAR 3: Straight into 3<sup>rd</sup> gear for the first set of Jumping Jacks

GEAR 2: Tuck Jump, then start to build

GEAR 3: Tuck Jumps then hit the Jumping Jacks hard, encouraging depth; travel in the Side Steps and get height in the Jump

GEAR 4: Last set of Jumping Jacks into the High Knee Runs!

## CONNECTION + FITNESS MAGIC

Use the first 64 counts to set up the track objective and inspire the class to work to their peak. It's a fabulous hardcore track!

Pull back in the recoveries and connect with the class in the Knee Hops.

Highest, biggest energy lift!

Motivational Cue: Do we love the hardcore?



KNOW IT? SHOW IT! In what gear do you start this track?