



MUSIC			SEQUENCE/EXERCISE		CTS	REPS	GEAR
0:00	Intro	8x8		Transition up from floor. Jog OTS	64		2
0:25	V1	Quarter	8x8	A	Circle Run. RA – Clockwise	64	
0:48	QC	Saturday	8x8	B	Jog In. RA	8	
				Jog OTS. <i>Slow Double Arm Reach Up</i> x2	8		
				Repeat B	16	2x	
				RUN COMBO			
1:12	C	Saturday	8x8	C	Run In. RA	8	
				Run OTS. <i>Double Arm Reach Up</i> x4	8		
				Run B. RA	8		
				Run OTS. <i>Double Arm Reach Up</i> x4	8	2x	
1:35	Instr	(Synth)	4x8	D	Single Knee Lift R, L. <i>Single Arm Punch Up</i>	4	8x
1:47	V2	When I _	28x8		REPEAT SEQUENCES A to D		
3:10	QC	Saturday	8x8	A	Circle Run. RA – Clockwise	64	
3:33	C	Saturday	8x8	A'	Circle Run – Faster	64	
3:56		Saturday	8x8	C	 RUN COMBO	32	2x
4:20	Instr	(Synth)	4x8	D	 Single Knee Lift R, L. <i>Single Arm Punch Up</i>	4	8x

SMALL ROOM OPTION

SMALL ROOM

LIMITED SPACE?

Check out this small room choreography

MUSIC			SEQUENCE/EXERCISE		CTS	REPS	GEAR
0:01	Intro	8x8		Transition up from floor. Jog OTS	64		2
0:24	V1	Quarter	8x8	A Double Pendulum Swing L, R. <i>Double Arm Bicep Curl</i>	64		
				RUN COMBO, SLOW ARMS			
0:48	QC	Saturday	8x8	B Jog F. RA	8		
				Jog OTS. <i>Hands Slow Double Arm Reach Up</i> x2	8		
				Repeat B	16	2x	
				RUN COMBO, FAST ARMS			
1:12	C	Saturday	8x8	C Run F. RA	8		
				Run OTS. <i>Double Arm Reach Up</i> x8	8		
				Run B. RA	8		
				Run OTS. <i>Double Arm Reach Up</i>	8	2x	
1:35	Instr	(Synth)	4x8	D Single Knee Lift L, R. <i>Single Arm Punch Up</i>	4	8x	
1:47	V2	When I	28x8	REPEAT SEQUENCES A to D			
3:10	QC	Saturday	8x8	A Pendulum Swing. <i>Double Arm Bicep Curl</i>	64		
3:33	C	Saturday	8x8	A' Pendulum Swing. <i>Double Arm Bicep Curl</i> – BIGGER!	64		
3:56		Saturday	8x8	C  RUN COMBO, FAST ARMS	64		
4:20	Instr	(Synth)	4x8	D' Single Knee Lift L, R. <i>Move F. Single Arm Punch Up</i>	4	8x	

SPORTS TRAINING

Track Focus I want my class to work hard and challenge themselves with the double set of Lunges at the end.

TECHNIQUE + COACHING CUES ✓

2-SIDE STEP & DOUBLE JUMP COMBO

- Chest up
- Heels down
- Bend knees on Double Jump Forward

HIGH KNEE RUN

- Knees to waist height

RUN & SHUFFLE COMBO TO CORNERS

- Knees to waist height

PLYOMETRIC LUNGE & SHUFFLE

- Front knee out
- Push off front heel
- Abs braced
- Chest up

COACHING

2-SIDE STEP & DOUBLE JUMP COMBO (A)

Coach great posture.

RUN & SHUFFLE COMBO TO CORNERS (B)

Use clear visual and verbal directional cues.

PLYOMETRIC LUNGE and SHUFFLE (C)

Tell your class how many Lunges and when to change to Shuffles eg 8 Lunges low, now Shuffles up high. Increase intensity in the second set.

PLYOMETRIC LUNGE & SHUFFLE COMBO (D)

Coach which leg to Lunge first with in the Combo. Challenge your class to lift intensity and be powerful and strong.

FINAL SET OF PLYOMETRIC LUNGES

Motivate your class to get the full benefits of the track – “Let’s explode”.

Low Impact: Make it strong to inspire your class.

Step Lunges and Knee Lifts with high arms are an alternative to all Lunges.

CONNECTION

Use the title name *Move It* to inspire great motivational language! “Now – move it!”
Move it bigger! Lower! Drive more! Move to another level. Dynamite in the legs!



KNOW IT? SHOW IT! What are two important technique cues in the Plyometric Lunge?