# **AGILITY**

### **Head, Shoulders, Kneez & Toez >** 5:05 mins

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- 17 h-1	16	MUSIC			SEQUENCE/EXERCISE V	CTS	REPS	HEAT
0:00	Intro		8x8		Split Room. Set up running pattern			1
0:23	V1 .	Heads	8x8	Α	BOW TIE RUNNING PATTERN Run to F – 45° angle. RA Face center – Jog B. RA Run to B – 45° angle. RA Face center – Jog B. RA	8 8 8 8	2x	2
0:46		Heads	8x8	Α1	BOW TIE RUNNING PATTERN WITH BOUNCE B Run to F – 45° angle Face center – Bounce B Run to B – 45° angle Face center – Bounce B	8 8 8 8	2x	
1:10	Instr	(Melody)	4x8	В	HOP & STEP COMBO  1x Hop R  2-Steps Across L, R  1x Hop L  2-Steps Across R, L  Note: On the last 2 reps, progress to 1-Legged Squat Hops	2 2 2 2	4x	
1:22		Bubbly	4x8	B¹	1-LEGGED SQUAT, STEP & JUMP COMBO 1-Legged Squat R 2-Steps Across L, R 1x Jump Squat with Catch Arms 2-Steps Across R, L	2 2 2 2	4x	
1:34	Instr	(Melody)	8x8	B <sup>2</sup>	SIDE LUNGE, STEP & JUMP COMBO  1x Side Lunge R. Reach Out  2-Steps Across L, R  1x Jump Squat with Catch Arms  2-Steps Across R, L	2 2 2 2 2	8x	2 3
1:58	Br	(Rising)	4x8		Change sides	32		1
2:10	V2	Heads	32x8		REPEAT SEQUENCES A to B <sup>2</sup>	Trill		2
3:45	Instr	(Rising)	4x8		Change sides	32		1
3:57	Build		4x8	С	Straddle Ladder Agility Run OTS. RA	2	16x	2
4:08	Instr	Bubbly	12x8	A <sup>2</sup>	BOW TIE RUNNING PATTERN WITH AGILITY RUN B Run to F – 45° angle. RA Face center – Ladder Agility Run B. RA Run to B – 45° angle. RA Face center – Ladder Agility Run B. RA	8 8 8 8	3x	
4:43	Ref	Heads	4x8	С	Straddle Ladder Agility Run OTS. RA	2	16x	3



### OPTIONS TO DETER >>>>>

- Run/Bounce March
- Straddle Ladder Agility Run Light Bounce/Step Touch • Hops & Jumps - No Jump

## **AEROBICS TRAINING**

Track Focus I want my participants to enjoy the lighthearted Disco feel while warming up thoroughly.

TECHNIQUE + COACHING O		
• Sink down and lift up • Heel into floor to push off	00	
• Lift chest • Brace core • Bend knees in the Gallop • Butt back in the Gallop	0000	DISCO ARMS
BOUNCE WITH DISCO ARM COMBO     Chest up     Big arms		AR
RUN FORWARD & BOUNCE COMBO 'QUIET RU  Push off balls of feet  Land easy, light and lifted  Feet up in the Run  Lift chest and brace core	UNNING*	

### COACHING

Coach great technique in the verse so you can have fun in the chorus with the Disco Arm Combo.

This track should be taught light and fun so you can push harder in Track 3.

### GEARS COACHING

GEAR 1: All verses.

GEAR 2: All instrumentals and chorus - there's no big push at the end, just a steady 2nd gear all the way.

### CONNECTION

Fun and fitness together! Relax, let go, and show a few dance moves yourself to encourage laughter and happiness. Encourage your class to join in on the Disco feel with you!



### OPTIONS TO OFFIR >>>>>>>>

- Gallop 2-Step & Curl
- Run/Jog Walk or March



KNOW IT? SHOW IT! What are two important things to coach for Quiet Running?