

UPPER BODY CONDITIONING

CRAB CRAWL

I Got My Eye On You > 5:22 mins

		MUSIC	777		SEQUENCE/EXERCISE	CTS	REPS
0:00 0:14	Instr	(Beat) (Quiet)	4x8 4x8		Step Touch L, R. <i>HOH</i> Transition to floor	4 32	8x
0:22 0:29	Br	9 , 8, 7, 6 1 , 2, 3, 4	2x8 2x8		Set up Tricep Position Single Tricep Pushup	16 4	8x
0:43	Instr	(Beat)	4x8		Single Tricep Pushup	4	4x
0:58	V1	I'm lockin'	4x8	Α	Crab Crawl L x2 Crab Crawl R x2	8 8	2x
1:12	Instr	(beat)	4x8	В	☞ Single Tricep Pushup	4	8x
1:28	V2	You stole	8x8	С	CRAB CRAWL & PUSHUP COMBO Crab Crawl L x2 Tricep Pushup x2 Crab Crawl R x2 Tricep Pushup x2	8 8 8 8	2x
1:57	Br	(Quiet)	2x8	D	Move hands to wide Chest Pushup Position	16	
2:05	PC .	1 it's clear	8x8	E	SINGLE PUSHUP & PLANK COMBO Single Chest Pushup x3 Hold Plank. Lift L hand and point F Single Chest Pushup x3 Hold Plank. Lift R hand and point F	12 4 12 4	2x
2:34 2:50	Instr	(Beat)	4x8 4x8	F F¹	Single Chest Pushup Bottom Half Chest Pushup	* 4 2	8x 16x
3:04	Br	(Quiet)	2x8		Hold – Move to Plank Position	16	
3:12	V3	I'm lockin'	34x8		REPEAT SEQUENCES A to F ¹		

STRENGTH TRAINING



Track Focus I want my class to perfect their technique through my direct and clear coaching.

TECHNIQUE + COACHING CUES ♥ TRICEP PUSHUP · Hands under shoulders, chin in · Shoulders back and down · Belly braced, elbows brush ribs Eyes forward, approximately 3 feet (1 meter) in front of hands Option: Hands closer to knees to make it easier CRAB CRAWL · Hands under shoulders · Move same arm and leg Hips down · Brace abs, body as still as possible POINTER · Opposite arm to leg Extend long **CHEST PUSHUP** · Hands outside shoulders · Shoulders back and down · Elbows out · Abs braced

CONNECTION

I Got My Eye On You – inspire with great cues, watching them working hard, not stopping and challenging themselves to finish!

COACHING

The KEY to this track is CLARITY.

Pre-cue early! Use the names of the moves and the number of repetitions so they know what's to come, eg:

"Only 8 Tricep Pushups, Crab Crawl – 2 Pushups, 3 Pushups, 1 Pointer, 16 Singles."

In each set coach different information. Begin with the basics outlined above then move on to hand position, what they are working and finally the benefits of strength training. Teach with empathy, acknowledging that it is challenging.

Remember! You are the Strength Training Coach: think, coach and motivate like a personal trainer.





- Tricep Pushup On knees, drop elbows back to floor
- Crab Crawl On knees
- Chest Pushup Knees under hips or rest