# PLYO METRIC

#### Move It > 5:06 mins

		MUSIC			SEGNENCE/SCEROLSE	ETS	REPS	GE
0:00	Instr	(Beat)	4x8		High Knee Run OTS. RA	32		
0:11		(Beat)	4x8	l	High Knee Run F. <i>RA</i>	8		
		, ,			High Knee Run OTS. RA	8		9
					Shuffle B L, R. RA	8		В
					Shuffle OTS. RA	8		
0:23	V1	l'm	8x8	А	2-SIDE STEP & DOUBLE JUMP COMBO			
					2-Side Step L. RA	4		а
					Double Jump F&B. Double Arm Punch F	4		E
				To the	Repeat R	8	4x	
0:47	Instr	(Beat)	8x8	В	RUN & SHUFFLE COMBO TO CORNERS			
					High Knee Run to L front corner. RA	8		я
					High Knee Run OTS. RA	8		Ш
					Shuffle B. RA	8		ш
				M	Shuffle OTS turn 90°. RA	8		П
					Repeat to R front corner	32		
1:10		(Beat)	8x8	C	Plyometric Lunge L, R x4. RA	16		В
					Shuffle L, R x8. RA	16	2x	B
					PLYOMETRIC LUNGE & SHUFFLE COMBO			
		(Beat)	4x8	D	Plyometric Lunge L. RA	2		я
					Shuffle R, L. RA	2		8
					Repeat R	4	4x	B
1:45		(_ Don't)	4x8	Ε	Plyometric Lunge L, R. RA	4	8x	
1:57		(Drum)	4x8	F	Jog OTS – Recovery. RA	32		
2:09	V2	l'm	36x8		REPEAT SEQUENCES A to F			
3:55	Instr	(Beat)	4x8	Α	2-SIDE STEP & DOUBLE JUMP COMBO	16	2x	
4:07		(Beat)	8x8	В	RUN & SHUFFLE COMBO TO CORNERS	64		3
1:30		Don't	8x8	E	Plyometric Lunge L. R. RA	4	16x	3

## OPTIONS TO OFFER .....

- Plyometric Lunge Steep Knee or Step Lunge
- High Knee Run March or Walk
- Shuffle March

## **SPORTS TRAINING**



**Track Focus** I want the class to connect to the music, increasing work intensity throughout the track.

## TECHNIQUE + COACHING CUES &

Maintain and coach Attack Position for all moves

#### CIRCLE RUN

- · Relaxed Running Arms
- · Land on heel and push off through toe

#### RUN IN & OUT DOUBLE ARM REACH UP

- Straight arms
- · Feet lift to butt on Run

#### HNEE LIFT

- · Straight arm punch up
- Keep back straight
- · Shoulders back and down

#### PENDULUM SWING (SMALL ROOM OPTION - FACE FRONT)

- · Chest up
- Hips still



All Circle Runs can be replaced with High Knee or Feet Back Runs

#### COACHING

#### Circle Run

Powerwalk or Run, relax and breathe. Replace Circle Runs with High Knee Runs if you have limited space or a small room.

#### Joa In

Listen to the music to hear the "Heys" for the slow Double Arm Reach Up.

#### Run In & Out Double Arm Reach Up

As the music lifts so does the work intensity; pick up your feet and do fast Reaches.

#### Knee Lift

Steady body, straight back and punch with

#### CONNECTION

Start to connect the class to the "Heys" in the pre-chorus so they get into verbalizing them as a group in the big chorus. We all like to play and have fun together.

Don't push or challenge too hard in the High Knee Runs. Just bring the class together and share smiles!



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- Run Powerwalk
- Circle Run See Small Room Option Choreography (Left)
- Knee Lift No bounce, stay grounded
- Pendulum Swing No Hop, stay grounded



KNOW IT? SHOW IT! In what gear should this track be taught?