

6 RUNNING SMALL-ROOM OPTIONS

Wherever You Will Go > 4:40 mins



LIMITED SPACE? Check out this small-room choreography

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:00 Intro	4x8	Transition up from floor. Move to circle	32	1
0:11 Instr	4x8	Jog OTS. <i>RA</i>	32	
0:23 (Go)	4x8	Jog OTS. <i>Clap</i>	2 16x	
0:34 V1 So lately	8x8	A Heel Dig L, R. <i>Cross Pull Arms</i>	4 8x	2
		Heel Dig L, R. <i>Double Arm Reach F</i>	4 8x	
0:58 C If I could	8x8	B Jog In. <i>Double Arm Reach Up x8</i>	16	
		Jog B. <i>RA</i>	8	
		Feet B Run OTS. <i>RA</i>	8 2x	
1:22 Instr (Go)	4x8	C Single Knee Lift L, R. <i>Single Arm Punch Up</i>	4 4x	
		Single Knee Lift L, R. <i>Double Arm Push Down</i>	4 4x	
1:33 Br	2x8	Jog. <i>RA</i>	16	
1:40 V2 Maybe I	20x8	REPEAT SEQUENCES A to C		
2:38 Instr (Quiet)	4x8	Jog OTS. <i>RA</i>	32	
2:50 (Beat)	12x8	High Knee Run OTS. <i>RA</i>	16	
		Low Jog. <i>RA</i>	16 3x	
		SINGLE KNEE COMBO		
3:25 QC If I could	4x8	C' Single Knee L, R x4. <i>Single Arm Punch F</i>	16	
		Single Knee L, R x2. <i>Single Arm Punch Up</i>	8	
		Single Knee L, R x2. <i>Double Arm Push Down</i>	8	
		RUN & SINGLE KNEE COMBO		
3:37 C If I could	8x8	B' Run In. <i>Double Arm Reach Up x8</i>	16	
		Single Knee Lift L, R x2. <i>Single Arm Punch Up</i>	8	
		Single Knee Lift L, R x2. <i>Double Arm Punch Down</i>	8	
		Repeat B	32	
4:00 Instr (Go)	8x8	B' Run & Single Knee Combo	64	
4:24 (Go)	4x8	E High Knee Run In. <i>RA</i>	16	
		High Knee Run OTS. <i>RA</i>	16	

3 AEROBICS TRAINING

Track Focus I want to celebrate with my class... 'Raise our glasses' to effort and raise our heart rates!

TECHNIQUE + COACHING CUES ✓

Maintain and coach Attack Position for all moves



SUPERMAN

- Up and down
- Bend knees
- Hips square to front



RUN & HOP COMBO WITH TURN

- Foot up in the Hops
- Straight arms in Double Arm Reach



JUMPING JACK

- Sit back, heels down, toes out
- Knees track in line with middle toes
- Chest lifted



SINGLE/DOUBLE KNEE

- Chest lifted
- Shoulders down
- Brace abs



GEARS COACHING

GEAR 1: Verses but lift energy in Double Knees

GEAR 2: Big instrumental – Run Forward, Double Arm Reach Up

GEAR 3: Jumping Jack and Superman

Repeat this pattern in each block

COACHING

This is a fun track! So you need to coach the class on how to lift the intensity. Pick up the feet in the Runs and Hops, travel as far as they can.

Full extension in the arms on the Double Arm Reach Up and low and strong Jumping Jacks.

Use the song title *Raise Your Glass* to be creative with your cues, eg: "Raise the intensity", "Raise the heart rate", "Raise the glass and celebrate fitness!".

CONNECTION

Raise Your Glass to celebrate fitness! This song is a happy and uplifting song so include your class members in the celebration. Use the **Run Forward & Hop Back combination** to connect with your class.

FITNESS MAGIC

Watch how Bevan celebrates with the class in the Double Knees at the start of the third round!

Use the music contrast to shift from fun to fitness in each round (see Gears).



KNOW IT? SHOW IT! What gear do you want to be using in the Jumping Jacks and Supermans?