

4 PLYOMETRIC

Shake It > 4:57 mins



	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:00	Intro	4x8	Jog OTS. <i>RA</i>	32		2
0:11	C	Hey girl	8x8			3
			SKATER & RUN COMBO			
			4x Skater F. L, R	8		
			Run B. <i>RA</i>	4		
			High Knee Run OTS. <i>RA</i>	4	4x	
0:34		Hey girl	8x8			
			SKATER IN CROSS PATTERN COMBO			
			4x Skater. F L, R	8		
			Run B. <i>RA</i>	4		
			High Knee Run OTS – Turn 90° to L	4	4x	
0:57	V1	Jump	8x8	A		2
			Athletic 3-Step Run L, R. <i>RA</i>	8	4x	
			Power 3-Step Run L, R	8	4x	
1:21	C	Hey girl	8x8	B		3
			Skater In Cross Pattern Combo	64		
1:44	Instr	(Synth)	4x8	C		2
			Single Shuffle L, R. <i>RA</i>	2	16x	
1:56	Ref	To the	4x8	D		3
			TAP BACK & JUMP COMBO			
			Tap B R. <i>Swing Arms B</i>	2		
			Straight Jump Up. <i>Block Arms</i>	2		
			Tap B L. <i>Swing Arms B</i>	2		
			Straight Jump Up. <i>Block Arms</i>	2	4x	
2:07	Instr	To the	4x8	E		
			Plyometric Lunge L, R. <i>RA</i>	4	8x	
2:19	Br		4x8	F		1
			Jog OTS Recovery	32		
2:31	V2	_ I'm	32x8			
			REPEAT SEQUENCES A to F			
4:04	C	Hey girl	8x8	B		3
			Skater In Cross Pattern Combo	64		
4:27		Hey girl	8x8	E		4
			Plyometric Lunge L, R. <i>RA</i>	4	16x	

SPORTS TRAINING

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Track Focus I want my participants to feel re-energized and reconnected by enjoying the music and the team feel.

TECHNIQUE + COACHING CUES

Maintain and coach Attack Position for all moves

CIRCLE RUN

- Relaxed Running Arms
- Land on heels and push off through toe

CROSSOVER RUN

- On your marks, get set... go
- Run fast
- Chest lifted

RUN & KNEE LIFT COMBO

- Straight Arm Punch Up
- Keep back straight



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

COACHING

Focus on coaching running technique in the Circle Run – keep the intensity at Gear 2.

Be careful not to go too big in your intensity with this track or drive it too hard because there are some big tracks coming. You need your participants to have enough energy in the tank to finish the class successfully!

Encourage all levels to keep your participants moving. It doesn't matter if it's a Walk or Run, just enjoy moving.

CONNECTION + FITNESS MAGIC

Use the Run & Single Knee Combo to connect with your participants. Your class may know this song so sing along and enjoy it with them. Use the music lyrics with cues on the Single Knee Lift: "Single knee up high, single knee down low".

GEARS COACHING

GEAR 2: All track in Gear 2 after introduction.

OPTIONS TO OFFER

- Skater – Low Side Step/No Jump
- High Knee Run – March
- Plyometric Lunge – Step Knee/Step Lunge



KNOW IT? SHOW IT! Where is the best place to connect with your class in this track?