AEROBIC

Hammer To The Heart > 4:28 mins

						1	and the same of th	
		HUSIC			SEQUENCE/EXENCISE	ers	REPS	GEAR
0:00		Boom	6x8		Run OTS. RA	48		1
0:18	Instr		8x8		Side Flick L, R. <i>Side Arm Raise</i> Jumping Jack. <i>Double Arm Reach Up</i>	4 2	8x 16x	2
0:42	V1	Saw	6x8	А	Run F. <i>Double Arm Punch F x4</i> Side Flick B L, R x2. <i>Side Arm Raise</i>	8	Зх	1
1:00	С	Boom	8x8	A¹	RUN & FLICK CROSS SHAPE COMBO Run F. Double Arm Punch F x4 Side Flick B L, R x2. Side Arm Raise Turn L ① (On last Side Flick, turn L 90°) ① To L side ② ② Double To the back ③ ① To the R side ④	8 8 16 16 16		2
1:24	Rep	Heart	4x8	В	Jumping Jack. Double Arm Reach Up	2	16x	3
1:36	V2	Knew	18x8		REPEAT SEQUENCES A to B			
2:30	Rep	Boom	4x8	С	Double Knee L, R. Single Arm Punch F	8	4x	1
2:42		Boom	4x8	C1	Double Knee Crossover L, R. Double Arm Punch F	8	4x	2
2:54		Boom	4x8	C ²	Double Knee Behind L, R. Double Arm Punch F	8	4x	3
3:06	PC	You	2x8		Jog OTS. RA	16		1
3:12	С	Boom	8x8	A ²	RUN & JACK CROSS SHAPE COMBO Run F. Double Arm Punch F x4 Jumping Jack B x4. Double Arm Reach Up ① (On last Jumping Jack, turn L 90°) LODING TO L Side ② LODING TO THE SIDE OF THE SIDE	8 8 16 16 16		3
3:36		Boom	8x8	A ²	☐ RUN & JACK CROSS SHAPE COMBO	64		
4:00	Ref	Boom	4x8	D	Side Flick L, R. Double Arm Reach Up	4	8x	
		Boom	4x8	В	Jumping Jack. Double Arm Reach Up		16x	



OPTIONS TO DEFEL ->>>>>>>

- Run March
- Double Knee Crossover No bounce/Double Knee On The Spot
- . Jumping Jack Side Flick or Tap

SPORTS TRAINING



Track Focus I want my class to work on their speed, agility and fitness training -AMERICAN FOOTBALL inspired.

TECHNIQUE + COACHING CUES ♥

AGILITY 3-STEP RUN

- · Chest up
- · Knee forward
- · Light and lifted

ATHLETIC 3-STEP RUN

- · Triple flexion hips, knees, ankles
- · Chest up
- · Shoulders square

HEISMAN

- Knee up
- · Foot back
- · Hand out to side, bend supporting leg

- · Weight in heels and butt back
- · Chest up
- · Land in a Squat position with knees bent to absorb the impact
- . Only go as low as you feel comfortable and keep the chest up

POWER 3-STEP RUN

- · Hips back and weight in heels
- · Hips and shoulders square to the front
- · Push off the ground to activate the glutes and aet more power
- · Knees in line with the middle of the foot

GEARS COACHING

GEAR 2 all the way until a push into GEAR 3 with the Power 3-Step Run at the end.

COACHING

Introduction: There are 8 counts to get the class split into two groups facing each other

AGILITY 3-STEP RUN

Hips square, no twist, knee higher to work harder

ATHLETIC 3-STEP RUN

Chest up, drop in low and slow

HEISMAN

Teach them how to do it, add the arm to the side for defense, then take foot to side. Coach technique - Lean away from opponent, then push through the heel to engage the glutes



SPRINT AND JOG COMBO

Feet wide and low, hips still for 4 counts then recovery in Jog On The Spot for 4 counts

SPRINT & TOUCHDOWN

Chest lifted, keep the work in your legs, touchdown with alternate hands

TOUCHDOWN

Get into a Squat and stay down. Hips back, chest forward, knees out

CONNECTION

Feel free to use any sports imagery from your own country to connect your class to the music and movement.



SECTIONS TO DESIGN OF SURFICE

- Agility 3-Step Run 3-Steps to side and Knee Lift
- . Jog On The Spot & Fast Sprint On The Spot March and
- . Touchdown Step wide and touch down at knee height



KNOW IT? SHOW IT! How can you coach the Heisman really effectively?