

# 7 AGILITY

It's On > 4:25 mins



MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:01 Intro (Drums)	1x8 Split room	8		
0:04 A little	4x8 Jog OTS	32		
0:17 V1 _ I hope	4x8 A Agility 3-Step Run L&R. RA	8	4x	1
0:29 _ Let's	4x8 B Athletic 3-Step Run. RA	8	4x	
0:40 C Show	4x8 C Jog OTS. RA	8		2
	D Fast Sprint OTS – Wide Stance. RA	4		
	Jog OTS narrow. RA	4	3x	
0:52 Get crazy	4x8 D Fast Sprint OTS	4		
	Jog OTS	4	4x	
1:04 Br	½x8 E Step B. Hands up – pass the ball	4		
1:05 Ref OK now	4x8 Change sides	32		
1:17 V2 _ Showstoppin'	4x8 A  Agility 3-Step Run L&R. RA	8	4x	1
1:29 _ Let's	4x8 B  Athletic 3-Step Run L&R. RA	8	4x	
1:41 C Show me	4x8 C  Jog OTS	8		2
	D Fast Sprint OTS, facing center	4		
	Jog OTS	4	3x	
1:52 Get crazy	4x8 D¹ Sprint OTS, face F of room	4		
	Jog, turn 90°	4		
	face outside	8		
	face back of room	8		
	face center	8		
2:04 Br	½x8 E Step B – Hands up	4		
2:06 Ref OK now	4x8 Change sides	32		
2:17 V3 The-the	4x8 B  Athletic 3-Step Run L&R. RA	8	4x	2
2:29 Just doin' "	4x8 B¹ Heisman L&R – Hand out, then knee out	8	4x	
2:41 Instr (Drums)	4x8 B² Heisman L&R – increase intensity	8	4x	3
2:53 QC Show me	8x8 D² Sprint OTS. Defence Arms & Jog OTS	24		2
	Combo x3. RA			
	Touchdown x2. Alt hand to floor	8	2x	
3:16 C Show me	12x8 D³ Sprint OTS & Jog, turn 90° x3	24		
	Touchdown x2. Alt hand to floor	8	3x	
3:52 Get crazy	4x8 F Touchdown. Alt hand to floor	4	8x	
4:04 Br	½x8 Jog OTS	4		1
4:06 Ref OK now	4x8 G Power 3-Step Run L, R	8	4x	3

# AEROBICS TRAINING

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**Track Focus** I want my class to feel their hearts pounding in their chests after this track, even if they take the low-impact option.

## TECHNIQUE + COACHING CUES ✓

**Maintain and coach Attack Position for all moves**

### JUMPING JACK

- Sit back, heels down, toes out
- Knees track in line with middle toes
- Chest up, shoulders back and down

### RUN & FLICK COMBO

- Chest up
- Abs braced

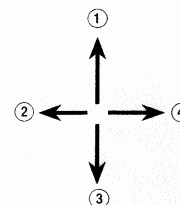
### DOUBLE KNEE CROSSOVER

- Knees to waist height
- Toes pointed
- Arms to shoulder height

### DOUBLE KNEE BEHIND

- Shoulders back
- Hips square

## CROSS SHAPE COMBO PATTERN



## GEARS COACHING

GEAR 1: Run and Flick to front

GEAR 2: Cross Shape Pattern – big moves and voice in chorus. Push a little more in the Run forward

GEAR 3: High energy in the Jumping Jack

GEAR 1: Drop back in Single Knee and into Crossover

GEAR 3: Big gear change into Double Knee Behind and all the way to the end

## COACHING

Say "Run forward and Side Flick back" in the combo and use clear directional cues eg Turn right or face back

Show the low-impact option and cue: Down low, stay low, work in the legs

In the last set with Jumping Jacks, coach how to move further – "Run all the way there"

To lift the heart rate – "Reach higher, extend further"

Coach how to work harder – "Bend knees, reach high" (show option to Tap)

Coach intensity and posture – lift knee high and strong punches

## FITNESS MAGIC + CONNECTION

A fun and fast track that lifts the heart rate and can be high or low impact.

### Motivational Cues:

- Boom boom boom! Can you hear your heart beating?
- Kick up your heels
- Use the whole room
- I don't want to stop



**KNOW IT? SHOW IT!** How can you coach your participants to work with more intensity?