POWER

Do You Love Ya' Hardcore? > 5:50 mins

					SEQUENCE/EXERCISE	ets	REPS	Hall
0:01	Instr	(Beat)	4x8		Run OTS. RA	32		2
			4x8		High Knee Run OTS. RA	32		100
					JUMPING JACK & SIDE STEP COMBO			3
0:25		(Synth)	8x8		6x Jumping Jack. <i>Double Arm Reach Up</i>	12 4		1417
					2x Side Running Step L. <i>RA</i> Repeat R	16	2x	A
0:48		(Cymbals)	4x8		Side Step Jump L, R. Swing arms down then up	8	4x	
1:00	Ref	Do you	4x8		Knee Hop L, R. Alt Single Arm Bicep Curl	4	8x	1
1:12	V1	Say hi	8x8	Α	High Knee Run F. RA	8		2
					4x Knee Hop L, R. RA	8		
					Repeat B	16	2x	
1:35		(Beat)	4x8	В	Jog OTS. Double Arm Punch F x1	2		
				18	Jog OTS. Double Arm Reach Up x3	6	4x	
					Tuck Jump Combo last 8 cts			
					TUCK JUMP COMBO			3
1:47	Instr	(Cymbals)	4x8	B1	Tuck Jump. Double Arm Punch F x1	2		
					Run OTS. Double Arm Reach Up x3	6	4x	
1:59		(Synth)	8x8	C	JUMPING JACK & SIDE STEP COMBO	32	2x	
2:22		(Cymbals)	4x8	D	Side Step Jump. Swing arms down then up	8	4x	5
2:34	Br		1x8	E	Jog OTS	8		1
2:37	Ref	Do you	4x8	F	☞ Knee Hop L, R	4	8x	
2:49	V2	Say hi	33x8		REPEAT SEQUENCES A to F			
4:26	V3	Say hi	8x8	G	Slow Ski Jump L, R. Double Arm Swing	8	8x	2
4:37		Lyrical	4x8	G ¹	Fast Ski Jump L, R. Alt Bicep Curl to Side	2	4x	
				G ²	Fast Ski Jump L, R. Move arms up	2	4x	
				G ³	Fast Ski Jump. Hands swing O/H	2	8x	100
4:58	Instr	(Synth)	8x8	C	JUMPING JACK & SIDE STEP COMBO	32	2x	3
5:22		(Synth)	4x8	Н	Jumping Jack. Double Arm Reach Up	2	16x	707
5:34		(Cymbals)	4x8	1	High Knee Run F. RA	32		4

AEROBICS TRAINING



Track Focus I want my class to relax, have fun and sing along during this warmup.

ATTACK POSITION	
Chest up	
Feet hip-width apart	
Toes turned out slightly	
Abs in and braced	
Shoulders back and down	
 Lengthen the back of the neck, chin in slightly, eyes 	s forward 🔾
Maintain and coach Attack Position for all moves	
REPEATER	WALK & STEP CURL COMBO
Bend front knee and get low to warm up legs	• Chest up
SQUAT TAP	Knee lifts in the walk forward
N. 7 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Heel lifts in the walk back
 Shoulders back and down 	
	 Down and up movement in the Hamstring Curl
STEP TOUCH & DOUBLE STEP TOUCH	Down and up movement in the Hamstring Curl
STEP TOUCH & DOUBLE STEP TOUCH • Hips back	Down and up movement in the Hamstring Curl
Step Touch & Double Step Touch Hips back Heels down Knees bent	Down and up movement in the Hamstring Curl

CONNECTION - FITNESS MAGIC

Sing each chorus, play with the lyrics, feel the holiday vibe.

GEARS COACHING

GEAR 1 all the way. Set up excellent posture in the verses and then lift the energy with the Walk & Step Curl Combo, but remember to stay grounded – it's only Track 1!

COACHING

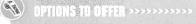
Repeater - Chest up, knee out

Squat Tap - Set up posture with square hips

Step Touch – Shoulders back, chest up, it's a happy feel, have some fun – think PARTY TIME!

Double Step Touch – Down and up, activate glutes, get warmer, go lower to get into the back of the legs

Walk & Step Curl Combo – Get moving, big steps, lift high, pick up feet. Use big visual and verbal cues to change direction, "Right front corner"



- Run/High Knee Run March
- Jumping Jack Side Tap

