**BODY CONDITIONING**

Music Track BPM 128

Choreography Style: **Verse Chorus**

Music Breakdown

Instrumental Intro – gives me time to get to the front of the class

I I I I

I I I I Verse (2 x 32)

I I I I

I I I I Chorus (2 x 32)

I I I I

I I I I Verse (2 x 32)

I I Bridge 16 counts

I I I I

I I I I Verse (2 x 32)

I I I I

I I I I Chorus (2 x 32)

I I I I

I I I I Verse (2 x 32)

I I I I

I I I I Chorus (2 x 32)

Track fades out

Using DBs of an appropriate weight for shoulders – with a spare set for heavier or lighter if needed

Show the group how to safely pick up a weight.

|  |  |  |  |
| --- | --- | --- | --- |
| Choreography breakdown – counts / reps etc | Exercise | Teaching / coaching points including intensity checks | Progressions (H) – regressions (E) – any other modification or adaptions (optional) |
| Group to grab a couple of sets of DBs – check for weight. Show the exercises and do a quick rehearsal for technique etc. Check everyone OK and hit Play! | | | |
| Verse | Single Shoulder Press R/L (16)  Full shoulder press (16) | Full ROM – don’t lockout at the top. | Split stance for any issues with back or stability |
|  |  |  |  |
| Chorus | Shallow Squat R/L + frontal raise x 4 (16)  Ditto with Upright Row (16) | Strong core  Soft elbows | Keep the squat and rest arms – join in again when you can |
|  |  |  |  |
| Bridge | Take a rest and reset | Use Bridge to reinforce TPs and change weight if needed |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |