**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.

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| 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 coreSoft elbows | Keep the squat and rest arms – join in again when you can |
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| Bridge | Take a rest and reset | Use Bridge to reinforce TPs and change weight if needed |  |
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