**BODY CONDITIONING**

Music Track BPM

Choreography Style: Verse Chorus

Music Breakdown

|  |  |  |  |
| --- | --- | --- | --- |
| Choreography breakdown – counts / reps etc | Exercise | Teaching / coaching points including intensity checks | Progressions (H) – regressions (E) – any other modification or adaptions (optional) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |