

GET *RIPPED!* 1000 # 2
INTENSITY PHASE
Choreography Packet

Welcome to GET RIPPED! 1000 # 2

This total body workout features cardio intervals and compound exercises to maximize calorie burn and is designed to be accessible to every fitness level.

Each track is just over 6-minutes in length, and both the cardio and weight segments progress in intensity to keep class members working in multiple heart rate zones. This means effective, efficient and fast results.

Why it's Unique:

The cardio intervals and weight segments are combined into **one music track**. With the weight segments introduced in the back half of the track, there is limited time to coach and set-up leg patterns.

As always, encourage your participants to choose the level that suits them at any time during the class.

TABLE OF CONTENTS

Love Notes.....	P. 4
Exercise Order & Music Track List.....	P. 5
Exercise Breakdown with Counts.....	P. 6
Basic Movement Workout Breakdown.....	P. 17

You'll notice 'Love Notes' sprinkled throughout your choreography packet to offer important tips and information for specific exercises and tracks.

A top trait of a quality instructor is the ability to teach to every student, no matter what fitness level. Below are some extra tips, options and guidelines to assist with keeping choreography consistent and maximize student accessibility.

Cardio Segments

- Use your best judgment to offer reduced intensity options for those who are working on increasing cardiovascular endurance (i.e. no or low impact, no step)
- Refer to choreography videos for cuing progressions via sound effects: "One," "two," and "three" are used throughout to indicate progressions. The laser sound effect indicates recovery

Weight Segments

- Adjust range of motion
- Adjust weight selection/intensity
- Adjust lever length
- Upper/lower body movements may be alternated or eliminated
- Alternative options for special populations (i.e. older adults) i.e. wall push ups
- Refer to choreography videos for cuing progressions via sound effects: Weight segments feature set counting cues. The laser sound effect indicates recovery

EXERCISE ORDER & MUSIC TRACK LIST

Use this exercise list to practice choreography segments in order.

	EXERCISE	MUSIC TRACK
TRACK 1	CARDIO WARM UP	<i>Have Some Fun</i>
TRACK 2	WEIGHT WARM UP	<i>Push It</i>
TRACK 3	Tap Up & Down/Moving Side Squat with Double Pulse Squat	<i>Heartattack</i>
TRACK 4	Tap Up & Down/Moving Side Squat with Bicep Curl	<i>Don't Cha</i>
TRACK 5	A-Step/Moving Side Squat with Row	<i>Radioactive</i>
TRACK 6	A-Step (R)/Moving Side Squat with Pec Squeeze Shoulder Press	<i>Can't Feel My Face</i>
TRACK 7	Basic (R)/Lunge Back Side Squat Combo with Triceps Kickbacks	<i>I'm a Freak</i>
TRACK 8	Basic (L)/Lunge Back Side Squat Combo with Hammer Curls	<i>Situation</i>
TRACK 9	Taps/Lunge Back Side Squat Combo with Lateral Raise	<i>I Know You Want Me</i>
TRACK 10	Abs & Core	<i>Stitches</i>
TRACK 11	COOL DOWN	<i>Thinking Out Loud</i>

Workout Breakdown with Counts

The following pages offer detailed choreography notes with counts and reps with which to practice. Exercise names, song tracks, BPMs, and length of tracks are provided.

LOVE  NOTES

Cardio Segments

- With the cardio intervals and weight segments combined into **one music track** and weight segments introduced in the back half of the track, there is limited time to coach and set-up leg patterns.

A quick tip is to demonstrate the **moving side squat** and the **lunge back / side squat** in the beginning of the workout. Visual preparatory demonstrations will allow for smoother transitions in the working tracks

- “HOH” = Hands on Hips

Weight Segments

- The weight sets are long and the exercises challenging, so remember to offer plenty of intensity options throughout. Feel free to coach alternative exercises for inclusivity

TRACK 1 | **CARDIO WARM-UP**

Have Some Fun | BPM 132 | 4:07

EXERCISE	COUNTS	REPS
MARCH	16	64
BASIC RIGHT	16	16
BASIC LEFT	16	16
TAP UP TAP DOWN	8	8
A-STEP	8	8
A-STEP with LATERAL RAISE	8	8
TAPS	4	4
TAPS ADD ARMS	4	4
TAPS TRAVEL LEFT	4	4
TAPS	4	4
TAP UP TAP DOWN	8	8
A-STEP	8	8
A-STEP with BICEP CURL	8	8
MARCH	8	32
MARCH ADD ARMS	8	32

TRACK 2 | **WEIGHT WARM-UP**

Push It | BPM 132 | 4:07

EXERCISE	COUNTS	REPS
SQUAT	4-4	2
SQUAT	2-2	4
SQUAT	1-1	8
DEADLIFT	4-4	2
DEADLIFT	2-2	4
SINGLE ROW COMBO	1-1	4
BICEP CURL	4-4	2
BICEP CURL	2-2	4
BICEP CURL	1-1	8
LATERAL RAISE	4-4	2
LATERAL RAISE	2-2	4
LATERAL RAISE	1-1	8
UPRIGHT ROW	2-2	4
SHOULDER PRESS	2-2	4
SHOULDER PRESS	1-1	8

TRACK 3

TAP UP TAP DOWN | MOVING SIDE SQUAT & DOUBLE PULSE SQUAT

Heartattack | BPM 132 | 6:18

LEVEL	EXERCISE	COUNTS	REPS
1	TAP UP TAP DOWN (IL)	16	16
2	KNEE HOP	16	16
3	TOUCH DOWN	16	16
RECOVERY	TAP UP TAP DOWN	16	16

TRANSITION TO GRAB WEIGHTS: 8 MUSICAL COUNTS

SET	EXERCISE	COUNTS	REPS
1	DOUBLE SQUAT PULSE	1-1	8
	DOUBLE SQUAT PULSE	Hold for 3	4
	DOUBLE SQUAT PULSE	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8
2	DOUBLE SQUAT PULSE	1-1	8
	DOUBLE SQUAT PULSE	Hold for 3	4
	DOUBLE SQUAT PULSE	Hold for 2	2
RECOVERY	MOVING SIDE SQUAT	1-1	8

TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS

LOVE



NOTES

*The moving side squat with double pulse squat in this track is an advanced exercise, but can be easily modified for beginners. Coach a **reduction in the range of motion** on the squat or **remove the pulse altogether**. Another option is to recommend body weight only for this exercise.*

TRACK 4

TAP UP TAP DOWN | MOVING SIDE SQUAT WITH BICEP CURL

Don't Cha | BPM 132 | 6:18

LEVEL	EXERCISE	COUNTS	REPS
1	TAP UP TAP DOWN (IR)	16	16
2	KNEE UP	16	16
3	TOUCH DOWN	16	16
RECOVERY	TAP UP TAP DOWN	16	16

TRANSITION TO GRAB WEIGHTS – 8 MUSIC COUNTS

SET	EXERCISE	COUNTS	REPS
1	MOVING SIDE SQUAT & BICEP CURL	1-1	8
	MOVING SIDE SQUAT & BICEP CURL	Hold for 3	4
	MOVING SIDE SQUAT & BICEP CURL	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8
2	MOVING SIDE SQUAT & BICEP CURL	1-1	8
	MOVING SIDE SQUAT & BICEP CURL	Hold for 3	4
	MOVING SIDE SQUAT & BICEP CURL	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8
TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS			

TRACK 5
A-STEP LEFT | MOVING SIDE SQUAT WITH ROW
Radioactive | BPM 132 | 6:18

LEVEL	EXERCISE	COUNTS	REPS
1	A-STEP (HOH)	16	16
2	A-STEP, HOP & REACH	16	16
3	A-STEP, CIRCLE ARMS & TOUCH DOWN	16	16
RECOVERY	A-STEP	16	16

TRANSITION TO GRAB WEIGHTS – 8 MUSIC COUNTS

SET	EXERCISE	COUNTS	REPS
1	MOVING SIDE SQUAT WITH ROW	1-1	8
	MOVING SIDE SQUAT WITH ROW	Hold for 3	4
	MOVING SIDE SQUAT WITH ROW	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8
2	MOVING SIDE SQUAT WITH ROW	1-1	8
	MOVING SIDE SQUAT WITH ROW	Hold for 3	4
	MOVING SIDE SQUAT WITH ROW	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8

TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS

LOVE  **NOTES**

*Sustaining the trunk position during rows may provide a challenge, particularly for those individuals with low back issues. You may substitute the row with an **elevator row**. This modification will take some load off of the low back. Another great option here it to skip the middle repetition and have participants only perform the rows of the end of the step and not during the transitional moving side squat. Lastly, cue proper form and remind your class to keep abdominals engaged throughout this exercise to protect and support the spine.*

TRACK 6

A-STEP RIGHT | MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS

Can't Feel My Face | BPM 132 | 6:18

LEVEL	EXERCISE	COUNTS	REPS
1	A-STEP (HOH)	16	16
2	A-STEP, HOP & REACH	16	16
3	A-STEP, CIRCLE ARMS & TOUCH DOWN	16	16
RECOVERY	A-STEP	16	16

TRANSITION TO GRAB WEIGHTS – 8 MUSIC COUNTS

SET	EXERCISE	COUNTS	REPS
1	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	1-1	8
	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	Hold for 3	4
	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8
2	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	1-1	8
	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	Hold for 3	4
	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	Hold for 7	2
	MOVING SIDE SQUAT WITH PEC SQUEEZE & SHOULDER PRESS	Hold for 7	2
RECOVERY	MOVING SIDE SQUAT	1-1	8

TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS

LOVE



NOTES

*The moving side squat with pec squeeze shoulder press is key to moving participants through this exercise successfully. **Light weight or body weight** is often enough to challenge the shoulders and chest. Be cognizant of your clients' form as they perform this exercise and offer recommendations frequently.*

TRACK 7

BASIC RIGHT | LUNGE BACK SIDE SQUAT COMBINATION & TRICEPS KICKBACKS

I'm a Freak | BPM 132 | 6:18

LEVEL	EXERCISE	COUNTS	REPS
1	BASIC RIGHT (HOH)	16	16
2	BASIC RIGHT, JOG & PUNCH UP	16	16
3	SPEED STEP	16	32
RECOVERY	BASIC LEFT	16	16

TRANSITION TO GRAB WEIGHTS – 8 MUSIC COUNTS

SET	EXERCISE	COUNTS	REPS
1	LUNGE BACK SIDE SQUAT WITH TRICEPS KICKBACK	1-1	8
	LUNGE BACK SIDE SQUAT WITH TRICEPS KICKBACK	Hold for 3	4
	LUNGE BACK SIDE SQUAT WITH TRICEPS KICKBACK	Hold for 7	2
RECOVERY	LUNGE BACK SIDE SQUAT	1-1	8
2	LUNGE BACK SIDE SQUAT WITH TRICEPS KICKBACK	1-1	8
	LUNGE BACK SIDE SQUAT WITH TRICEPS KICKBACK	Hold for 3	4
	LUNGE BACK SIDE SQUAT WITH TRICEPS KICKBACK	Hold for 7	2
RECOVERY	LUNGE BACK SIDE SQUAT	1-1	8

TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS

TRACK 8

BASIC LEFT | LUNGE BACK SIDE SQUAT COMBINATION WITH HAMMER CURLS

Situation | BPM 132 | 6:18

Note: HOH=Hands on Hips

LEVEL	EXERCISE	COUNTS	REPS
1	BASIC LEFT (HOH)	16	16
2	BASIC LEFT, JOG & PUNCH UP	16	16
3	SPEED STEP	16	32
RECOVERY	BASIC LEFT	16	16

TRANSITION TO GRAB WEIGHTS – 8 MUSIC COUNTS

SET	EXERCISE	COUNTS	REPS
1	LUNGE BACK SIDE SQUAT WITH HAMMER CURLS	1-1	8
	LUNGE BACK SIDE SQUAT WITH HAMMER CURLS	Hold for 3	4
	LUNGE BACK SIDE SQUAT WITH HAMMER CURLS	Hold for 7	2
RECOVERY	LUNGE BACK SIDE SQUAT	1-1	8
2	LUNGE BACK SIDE SQUAT WITH HAMMER CURLS	1-1	8
	LUNGE BACK SIDE SQUAT WITH HAMMER CURLS	Hold for 3	4
	LUNGE BACK SIDE SQUAT WITH HAMMER CURLS	Hold for 7	2
RECOVERY	LUNGE BACK SIDE SQUAT	1-1	8

TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS

TRACK 9

TAPS | LUNGE BACK SIDE SQUAT COMBINATION & LATERAL RAISE

I Know You Want Me | BPM 132 | 6:18

LEVEL	EXERCISE	COUNTS	REPS
1	TAPS	16	32
2	TAPS WITH A HOP & REACH	16	32
3	TAPS DOUBLE TIME	16	64
RECOVERY	TAPS	16	32

TRANSITION TO GRAB WEIGHTS – 8 MUSIC COUNTS

SET	EXERCISE	COUNTS	REPS
1	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	1-1	8
	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	Hold for 3	4
	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	Hold for 7	2
RECOVERY	LUNGE BACK SIDE SQUAT	1-1	8
2	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	1-1	8
	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	Hold for 3	4
	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	Hold for 7	2
	LUNGE BACK SIDE SQUAT WITH LATERAL RAISE	Hold for 7	2
RECOVERY	LUNGE BACK SIDE SQUAT	1-1	8

TRANSITION TO REPLACE WEIGHTS AND MOVE TO BACK OF STEP – 8 MUSIC COUNTS

TRACK 10
ABS AND CORE
Stitches / BPM 132 / 5:05

SET	EXERCISE	COUNTS	REPS
1	BASIC CRUNCH	1-1	16
	CRUNCH WITH 3 PULSES	Pulse for 3	4
	CRUNCH WITH 7 PULSES	Pulse for 7	2
	SIDE CRUNCH RIGHT	1-1	8
	SIDE CRUNCH LEFT	1-1	8
	RECOVERY	STRETCH WITH OVERHEAD REACH	Hold for 8
2	BASIC CRUNCH	1-1	16
	CRUNCH WITH 3 PULSES	Pulse for 3	4
	CRUNCH WITH 7 PULSES	Pulse for 7	2
	SIDE CRUNCH RIGHT	1-1	8
	SIDE CRUNCH LEFT	1-1	8
	RECOVERY	STRETCH WITH OVERHEAD REACH	Hold for 4
TRANSITION	FLIP OVER AND SET UP FOR PLANK	4	N/A
1	PLANK	16	N/A
RECOVERY	CHILD'S POSE	8	N/A
2	PLANK	16	N/A
RECOVERY	CHILD'S POSE	8	N/A

TRACK 11
SAMPLE COOL DOWN | STRETCH
Thinking Out Loud | BPM 72 | 5:03

EXERCISE	COUNTS
CHILD'S POSE	16
LAT STRETCH	8
LAT STRETCH	8
HIP FLEXOR STRETCH RIGHT	8
HIP FLEXOR STRETCH WITH REACH	8
HIP FLEXOR STRETCH LEFT	8
HIP FLEXOR STRETCH WITH REACH	8
DOWN DOG	16 (INCLUDES TRANSITION TIME)
FORWARD BEND	8
ROLL UP	8
QUAD STRETCH RIGHT	8
QUAD STRETCH LEFT	8
TRICEPS STRETCH RIGHT	8
TRICEPS STRETCH LEFT	8
FOREARM/BICEP STRETCH RIGHT	8
FOREARM/BICEP STRETCH LEFT	8
NECK/SHOULDER/ARM STRETCH RIGHT	8
NECK/SHOULDER/ARM STRETCH LEFT	8
CHIN TO CHEST (LEVATOR)	8
RELEASE AND SHAKE IT OUT	8

Get *RIPPED!* 1000 # 2

BASIC MOVEMENT BREAKDOWN

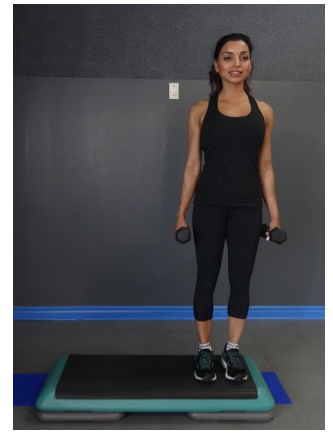
The following pages offer tips, recommendations and cuing techniques for common movements you'll see within each Get *RIPPED!* choreography release in the INTENSITY phase.

Provided for reference is each major class movement set up and execution (what it should look like), sample cues to choose from, modification options, and things you might see class members doing that should be coached and corrected. The cues provided are just samples. Please feel free to use those that resonate with you and feel authentic to you as an instructor.

MOVING SIDE SQUAT

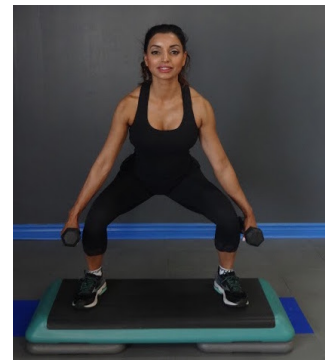
SET UP/EXECUTION

- BEGIN ON FAR SIDE OF BENCH WITH FEET HIP WIDTH
- STEP OUT LATERALLY SO THAT FEET ARE WIDER THAN HIPS, TOES IN LINE WITH KNEES
- FLEX AT THE KNEES AND LOWER INTO SQUAT
- BRING OPPOSITE FOOT BACK IN HIP WIDTH TO STAND
- REPEAT
- *MOST MOVEMENTS WILL CALL FOR STEPPING OFF THE BENCH WITH ONE FOOT*



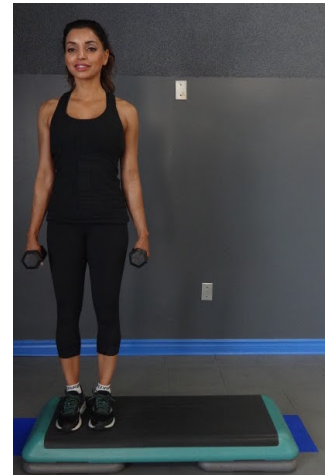
SAMPLE CUES

- AS YOU LOWER, THE SPINE STAYS LONG – SHOULDERS OVER THE HIPS
- BE SURE YOUR KNEES ARE TRACKING TOWARDS YOUR TOES
- LENGTHEN DOWN THROUGH YOUR TAILBONE
- KEEP YOUR EYES STRAIGHT AHEAD
- PICK UP YOUR FOOT TO MOVE – NO DRAGGING
- HIPS STAY LEVEL



MODIFY:

- REDUCE RANGE OF MOTION
- STAY ON BENCH WITHOUT STEPPING OFF TO THE SIDE
- NO STEP



WHAT TO CORRECT:

- EXCESSIVE CURVE IN THE LUMBAR SPINE
- CHEST DIPPING FORWARD
- CHIN GUIDING UP TOWARDS CEILING OR DOWN INTO CHEST
- KNEES CAVING IN/OUT
- SHOULDERS ROLLING FORWARD



BICEPS CURLS

SET UP/EXECUTION

- START WITH YOUR FEET HIP WIDTH APART & ROLL YOUR SHOULDERS BACK
- BRING FEET HIP DISTANCE
- LENGTHEN DOWN THROUGH TAILBONE
- SHOULDERS, HIPS & HEELS JOINTS SHOULD BE ALIGNED
- FLEX THE ELBOWS AND BRING THE WRISTS TOWARDS THE SHOULDERS
- EXTEND THE ELBOWS TO RETURN TO STARTING POSITION
- FOR **HAMMER CURLS**, ROTATE THE PALMS INWARD TO FACE ONE ANOTHER

SAMPLE CUES

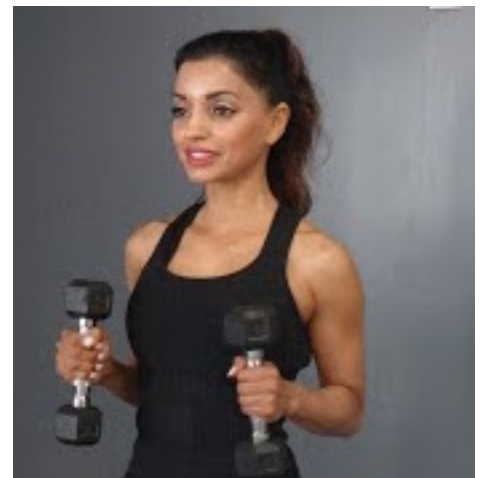
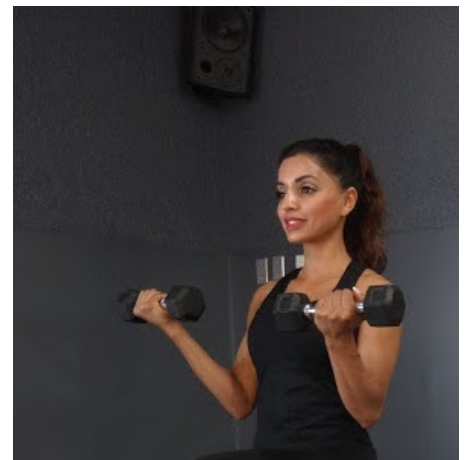
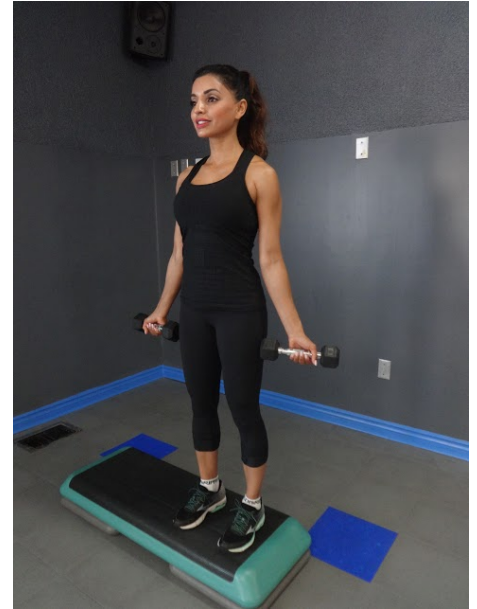
- KEEP YOUR EYES STRAIGHT AHEAD
- KEEP A LIGHT BEND IN YOUR KNEES THROUGHOUT
- MAINTAIN A MICROBEND IN THE ELBOWS ON EXTENSION
- DRAW THE SHOULDERS BACK AND DOWN
- ENGAGE THE ABDOMINALS

MODIFY:

- LIGHTER WEIGHT
- NO WEIGHT

WHAT TO CORRECT:

- HIP/KNEE SWAY
- ARMS SWINGING
- ELBOWS LOCKING OUT ON EXTENSION
- WEIGHTS/WRISTS TOUCHING THE SHOULDERS ON FLEXION
- SHOULDERS SCRUNCHING UP TOWARDS EARS/TENSION IN THE NECK



ROW

SET UP/EXECUTION

- START WITH YOUR FEET HIP WIDTH APART & ROLL YOUR SHOULDERS BACK
- LENGTHEN DOWN THROUGH TAILBONE
- ENGAGE ABDOMINALS AND HINGE FORWARD
- FLEX THE ELBOWS & SQUEEZE BACKSIDE AND BRING WEIGHTS TOWARD HIP CREASE
- EXTEND THE ELBOWS TO RETURN TO STARTING POSITION

SAMPLE CUES

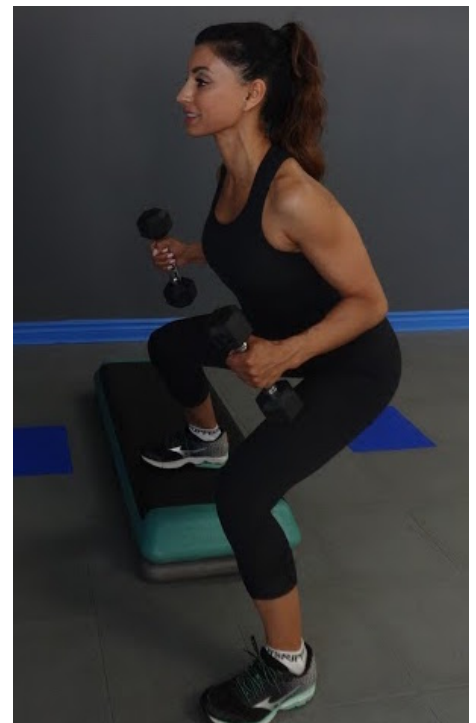
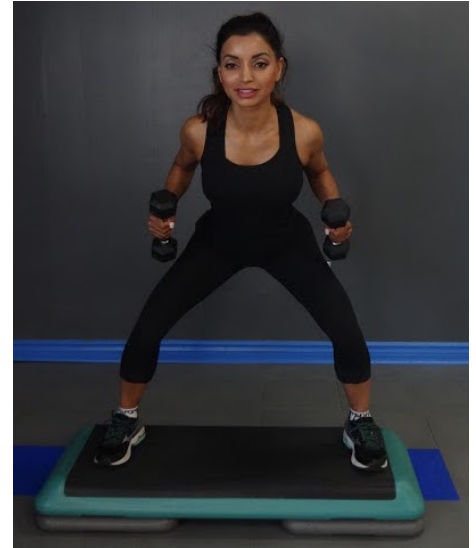
- SQUEEZE YOUR BACK MUSCLES TO INITIATE MOVEMENT
- IF THE SHOULDERS INTERNALLY ROTATE, THAT'S MAX ROM
- THE ELBOWS DO NOT NEED TO PASS THE RIBS
- KEEP YOUR GAZE STRAIGHT AHEAD
- THE SHOULDERS STAY BACK AND DOWN

MODIFY:

- LIGHTER WEIGHT
- TAKE LESS OF A HINGE IN THE HIPS
- REDUCE ROM IN SQUAT
- NO WEIGHT
- NO STEP

WHAT TO CORRECT:

- HIP/KNEE SWAY
- ELBOWS LOCKING ON EXTENSION
- SHOULDERS ROLLING/BEING PULLED FORWARD
- CHIN PUSHING FORWARD
- HYPER EXTENSION OF THE NECK (CLIENTS LOOKING UP)



PEC SQUEEZE

SET UP/EXECUTION

- BRING THE ARMS INTO A GOAL POST POSITION WITH THE KNUCKLES AND WRISTS STACKED IN LINE WITH THE ELBOWS
- SQUEEZE THE CHEST AND GUIDE ELBOWS IN TOWARDS ONE ANOTHER
- PAUSE MOVEMENT WHEN ELBOWS REACH SHOULDER WIDTH/SHOULDER LEVEL
- SQUEEZE BACKSIDE AND BRING ELBOWS BACK OUT LATERALLY IN LINE WITH SHOULDERS

SAMPLE CUES

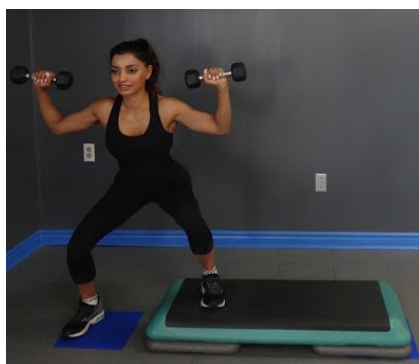
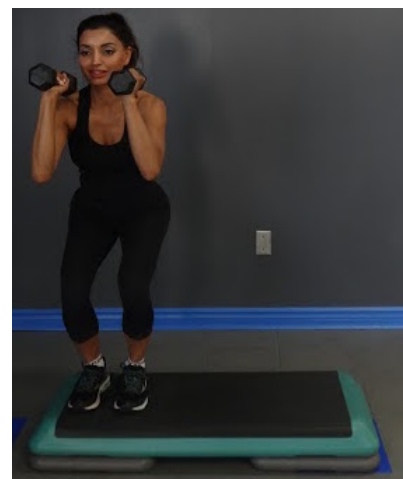
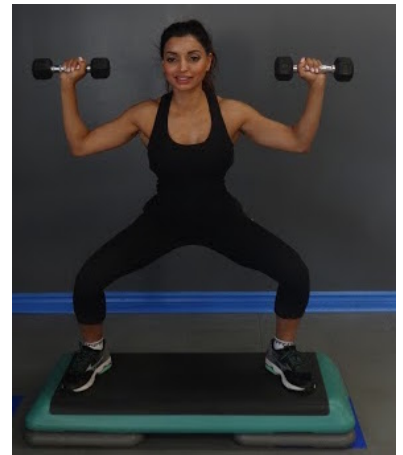
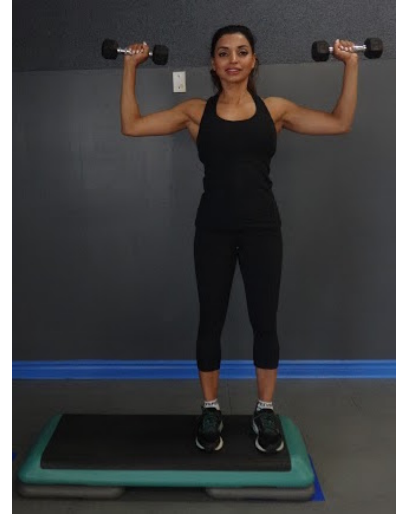
- KEEP THE SHOULDERS DOWN AND AWAY FROM THE EARS
- MAINTAIN LENGTH IN THE SPINE FROM TAILBOWN TO TOP OF THE HEAD
- KEEP YOUR EYES FIXED FORWARD
- SHOULDERS IN LINE WITH HIPS AND HEELS

MODIFY:

- LIGHTER WEIGHT
- NO WEIGHT
- UPWARD FLY MAY REPLACE PEC SQUEEZE

WHAT TO CORRECT:

- ELBOWS TOUCHING ON MEDIAL MOVEMENT
- SHOULDERS CREEPING TOWARDS EARS/NECK TENSION
- ELBOWS EXCEEDING SHOULDER ALIGNMENT ON LATERAL MOVEMENT (INTERNAL ROTATION AT SHOULDERS ON OPENING)
- ELBOWS DIPPING BELOW SHOULDER LEVEL THROUGHOUT MOVEMENT



SHOULDER PRESS / LATERAL RAISE

SET UP/EXECUTION

- BEGIN WITH WEIGHTS AT SHOULDER LEVEL & PALMS FACING FORWARD
- EXTEND AT THE ELBOWS TO PRESS WEIGHTS OVERHEAD
- FLEX AT THE ELBOWS TO RETURN ELBOWS TO SHOULDER ALIGNMENT
- ON **LATERAL RAISE**, ABDUCT ARMS LATERALLY AWAY FROM THE BODY & STOP AT SHOULDER LEVEL, THEN RETURN TO START

SAMPLE CUES

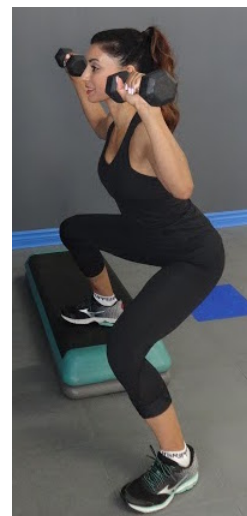
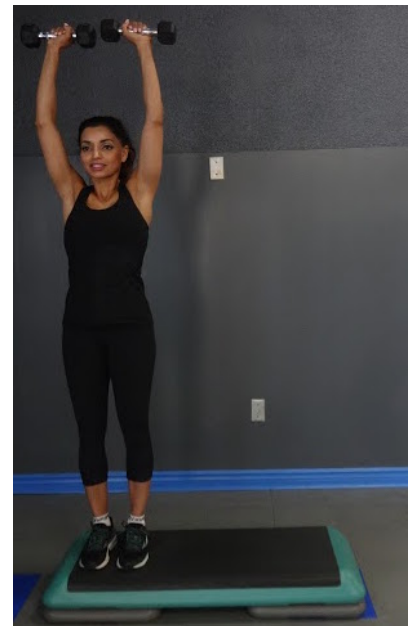
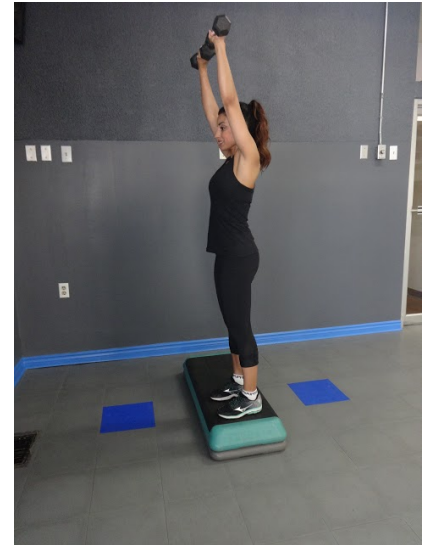
- AS YOU PRESS THE WEIGHTS OVERHEAD, PRESS SHOULDERS DOWN
- ENGAGE YOUR ABDOMINALS
- KEEP DISTANCE BETWEEN THE EARS AND THE SHOULDERS
- KEEP THE KNUCKLES STACKED DIRECTLY OVER THE WRISTS IN ALIGNMENT

MODIFY:

- LIGHTER WEIGHT
- NO WEIGHT
- LATERAL RAISE
- ANTERIOR RAISE
- BENT ARM LATERAL RAISE

WHAT TO CORRECT:

- LOCKED ELBOWS
- BREAKING AT THE WRISTS
- SHOULDER/NECK TENSION



CRUNCH

SET UP/EXECUTION

- BEGIN LAYING SUPINE
- PLACE HANDS BEHIND HEAD WITH ELBOWS IN LINE WITH EARS
- ENGAGE ABDOMINAL MUSCLES BETWEEN THE LAST BOTTOM RIBS AND TOP OF PELVIC BONES
- EXHALE TO CRUNCH UP
- RETURN TO STARTING POSITION AND KEEP ABDOMINALS ENGAGED THROUGHOUT



SAMPLE CUES

- LET YOUR HEAD RELAX INTO YOUR HANDS
- KEEP AN APPLE OR FIST DISTANCE BETWEEN YOUR CHIN AND CHEST
- SQUEEZE THE AREA BETWEEN YOUR RIBS AND PELVIC BONES
- RELAX YOUR NECK AND SHOULDERS
- KEEP YOUR EYES TO THE CEILING OR BETWEEN THE KNEES
- KNIT YOUR RIBCAGE DOWN AND IN



MODIFY:

- LESS ROM
- KEEP HEAD DOWN ON THE GROUND AND PRACTICE ENGAGING ABDOMINALS

WHAT TO CORRECT:

- CHIN REACHING FORWARD
- CHIN TO CHEST
- ELBOWS GUIDING INWARD
- NECK & SHOULDER TENSION

FOREARM PLANK

SET UP/EXECUTION

- BEGIN PRONE WITH FOREARMS ON THE FLOOR – WRIST TO ELBOW ALIGNMENT
- TUCK TOES AND LIFT KNEES OFF THE GROUND
- ALIGN THE HEELS WITH THE HIPS AND SHOULDERS
- HOLD

SAMPLE CUES

- PRESS YOUR FOREARMS INTO THE GROUND
- DRAW THE RIBS AND PELVIC BONES TOWARDS ONE ANOTHER
- PULL YOUR QUADRICEPS AWAY FROM YOUR KNEECAPS
- KEEP YOUR GAZE DOWN TO THE GROUND OR TOWARDS YOUR HANDS
- SQUEEZE YOUR GLUTES
- REACH YOUR HEELS TOWARDS THE WALL BEHIND YOU AND THE TOP OF YOUR HEAD TOWARDS THE WALL IN FRONT OF YOU

MODIFY:

- DROP TO THE KNEES
- UTILIZE AN ANGLE OR WALL

WHAT TO CORRECT:

- HIPS SINKING TOWARDS THE FLOOR
- HIPS ABOVE SHOULDER LEVEL
- INTERLACED FINGERS
- LOCKING OUT KNEES

