

Cardio Core Fusion II DVD - Choreography Notes by Laurie Denomme

LT= Lateral Travel
BT= Back Travel
FT= Forward Travel

Warm-Up

Perform 16 repetitions for 1 cycle, 16 reps for 1 cycle with travel with move 1 & 3, decrease to 8 reps

Wide Jog - Leg curl - Jack - Leg Swing
Wide Jog (LT); Leg curl (BT); Jack (LT); Ski
Ski 3's / Ski 3's & 2 knee lifts

Block 1- JACKS/KICKS (Adductor/Core Stabilization)

Jog /Jog 3's / Jacks **Frontal raise arms*
**(Outside leg) Jog 3's /Step-slide/Jacks*Flasher arms*
4 knees R / 4 Kicks no touch L (Repeat 2 and 2)
Adductor Squeeze II **CUE inner thigh*
Karate Kicks II (K-I)**repeat adductor squeeze & karate kicks*
10 Leg circles left/right
10 Single Leg bicycle

Block 2-TWIST/BACK KICKS (Core Stabilization/ Rotator Cuff)

**Twist / Flamingo (In/ex rotation *CUE arms)*
8x Back Diagonal
4x Flamingo / 4x Back Diagonal
2x Flamingo / 2x Back Diagonal
1x Flamingo / 1x Back Diagonal
Adductor Jack II 4 OTS/ 4 lateral travel
Karate Kicks II 4 OTS/ 4 forward travel/back travel
10 each single leg stance – Internal/External Shoulder Rotation
Center Stance – Shoulder Extension w/supination at the forearm

Block 3-JACKS/SKIS (Rotator Cuff/Lats/Gluteals)

**Jacks II*
Leap (breast stroke arms)
Ski II (back travel) scoop arms
Power Jack
Jack & twist-tuck
Shuffle to opposite front corner***ZIG ZAG*
10 single leg stance – Elbow flexion/extension (triceps focus)
Center stance – Shoulder Adduction (less than 70 degrees for shoulder injury)

Block 4-LUNGE/KICK (Gluteals/Quads/Hamstrings/Shoulder)

**4 count Front kick*
Lunge
8x Front Kick (various ROM based on fitness level)
8x Back Kick
8x Front Kick – Back Kick* *speed options*
Side Lunge – Punch
10 Upper Extremity Right - PNF D2
10 Upper Extremity Left - PNF–D2
Lunge – PNF D1 symmetrical

Block 5-JACKS/HAMSTRING CURL (Hamstring/Hip rotators)

Jacks (elbow flex/punch transverse)

*Suspended Hamstring

Suspended Hamstring (side travel)

(Turn *land feet together*) Hamstring Jog (back travel)

2x Jack and turn (4x)

Back kick (back travel)

Step-slide on diagonal*

10 Lower Extremity Right – PNF D2 – 10 soccer kick

10 Lower Extremity Left – PNF D2 – 10 soccer kick

Block 6-Gluts/Ab/Adductors8x Pendulum (corner push) **start with inside leg*

Pendulum 3's (add tuck)

*Pendulum (diagonal arm)

Skater

Skater (back travel)

8x Back Diagonal Kick (abs too)

4x Stag (travel diagonal front)

4x right 4x left - Side Step (ab squeeze)

Abdominal knee to chest – extend

Ski (various impact options)

Cool down & stretch

*Knee swing

One leg stance/twist/back palm up to back

Cross flexed knee in front/wrist circles

Lunge (gastroc) Horizontal ab/adduction

Arm lifts overhead

Arm swing (ant/pos deltoids) wide center stance

Pectoral stretch arms clasp behind the back

Inhale (arms lift to sides) Exhale (twist & hold)*

****Flex/extend the knee (hamstring & pec/back)**

Hold extended leg (hamstring)

Airplane (core stability) -> hamstring**

2 scoops – long pull (increase speed of circles)

Step feet together/shoulder roll/mountain pose