

My Traveling Trainer Choreography Notes
Captivating Cardio Creations 1
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Warm-Up (repeat 16x each; again 8x each)

Wide Jog
Pendulum
Leg Curl
Ski

Wide Jog – Travel forward
Pendulum – Hold
Leg Curl – Travel back
Ski
Hamstring Curl – Travel forward
Pendulum – Hold
Wide Jog – Travel forward

Add a noodle

Wide Jog – Row (push noodle forward)
Pendulum – Arm swing side to side (ab/adduction)
Hamstring Curl – Hold noodle down in front
Ski – Row

Add travel with the noodle

Wide Jog – Travel forward
Pendulum
Hamstring Curl – Travel back
Ski
Hamstring Curl – Travel forward
Pendulum – Hold
Wide Jog – Travel forward

Resistance 1

Triceps various tempos
Single Leg press R then L (squeeze through the top of your leg)

Cardio 1 – Hold your noodle like a rainbow

Forward travel ski – arms move opposite the legs “push and pull”
Ski – (level 1&2) Squeeze ends of noodle together in front of the body
Jack – Squeeze ends of noodle together in front of the body
Back travel leg curl – noodle rests on the surface

Resistance 2

Single leg bicycle
Adductor squeeze

Cardio 2

Wide jog with noodle under you foot
Step both feet on the noodle – twist side to side “be creative in your movement”
Wide jog with noodle under other foot
Narrow twist
Twist – twist – center bounce – center bounce
Add noodle – stir the water & create a current

Repeat cardio 1

Forward travel ski – arms move opposite the legs “push and pull”
Ski – (level 1&2) Squeeze ends of noodle together in front of the body
Jack – Squeeze ends of noodle together in front of the body
Back travel leg curl – noodle rests on the surface

Resistance 3

Single leg stance – Straight arm pull down to the side
Noodle under the foot – toe tap

Cardio 3

Ankle reach front
Jacks
Leg curls
Tire-run (knees to the noodle)

Ankle reach front
Power Jacks
Leg curls
Tire-run (knees to the noodle)

Ankle reach front
Power Jacks
Leg curl tucks
Tire-run (knees to the noodle)

Ankle reach front
Power Jacks
Leg curl tucks
Tire-run (knees to the noodle) add ¼ turn

Repeat Cardio 1 & 2

Forward travel ski – arms move opposite the legs “push and pull”
Ski – (level 1&2) Squeeze ends of noodle together in front of the body
Jack – Squeeze ends of noodle together in front of the body
Back travel leg curl – noodle rests on the surface
Narrow twist
Twist – twist – bounce – bounce (press side, side, front, front)

Resistance 4

Reverse row
Knee to chest

Cardio 4

Wide Jog – press down noodle towards the opposite foot
Right knee lift – left leg lift to the side
Travel towards the right knee pressing the noodle down
Wide Jog – press down noodle in front with both arms
Repeat on other side

Repeat Cardio 1 & 2 & 3

Forward travel ski – arms move opposite the legs “push and pull”
Ski – (level 1&2) Squeeze ends of noodle together in front of the body
Jack – Squeeze ends of noodle together in front of the body
Back travel leg curl – noodle rests on the surface

Narrow twist
Twist – twist – bounce – bounce (press side, side, front, front)
Ankle reach front
Power Jacks
Leg curl tucks
Tire-run (knees to the noodle) add ¼ turn

Abdominals

Sit on your noodle – scoop the water with your heels travel forward
Pelvic tilts
Alternating kicks travel backwards (arms may assist)
Pelvic tilts side to side
Wide tuck
Noodle side to side

Stretch

Arms hold noodle in front – move across the surface side to side
Wrap around knee pulling the knee into the chest
Noodle under leg – hamstring stretch – sit down into the water for a deeper stretch
Figure 4 – noodle around the chest
Overhead side bending