

My Traveling Trainer Choreography Notes
Cardio, Jump & Sculpt 1
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Warm up

Wide Jog
Pendulum
Leg curl
Jack

Wide corner kick
Pendulum
Leg curl
Jack level II

Wide corner kick travel forward
Pendulum
Leg curl travel backward
Power Jack

Jump & Sculpt 1

Barrel tuck (front-back, side-side)
Wide stance – Shoulder extension, various tempos

Cardio 1

Skater – double arm
Single leg skate right
Single leg skate left
Ski
Jack (bowling ball lift)

Jump & Sculpt 2

Frog tuck
One legged stance – arm curl (triceps), various tempos

Cardio 2

Lunge right
Front kick right
Twist
Twist, front kick combination
Alternate front kicks
Repeat on left
Power jacks

Jump & Sculpt 3

Single leg – 3 tucks – knees up tuck together, switch legs repeat
Single leg 8 tucks right
Single leg 8 tucks left
Wide stance or single leg – external rotation/internal rotation

Cardio 3

Alternate front kicks travel forward
Side step
Four count side kick (knee-kick-knee-down)
Side step
Four count side kick (knee-kick-knee-down)

Alternating kicks travel forward
Right side kick – travel toward the leg
Side step
Kicks traveling back

Jump & Sculpt 4

Wide tuck or wide tuck and kick to the corners
Airplane pose – chest press

Cardio 4

Ankle reach
Single leg soccer kick right
Single leg soccer kick left

Ankle reach travel forward
Straight leg kick right
Straight leg kick left
Power jack back travel
Alternate straight leg lift

Jog forward – breast stroke arms
Ankle reach
Heel reach
Power jack back travel
Alternate straight leg lift

Abdominals

Standing on one leg other leg lifted out in front of your body – abdominal curl like you are hugging a big beach ball so your arms don't quite come together
Side step – arm sweep diagonal front corner
Wide tuck – travel back
Repeat other side

Stretch

Push and pull the water to the sides
Inhale and open the chest
Exhale give yourself a big hug and round the back (upper back stretch)
Giant steps forward let your arms drag behind (chest stretch)
Walk back on your heels, body tall, hands clasped together in front of the body palms facing in so you are looking into your palms
Leg circles
Knee to chest (back stretch)
Extend the leg out in front of the body holding under your leg (back of the upper leg stretch)
Drop the leg down and bend at the knee drawing your heel up towards your buttocks, knee is pointing down to the pool bottom, hold on to your ankle and gently press the hips forward and the press the foot into the palm of your hand so you can feel a stretch in the front of your upper leg
Repeat other side
Inhale lifting your arms up to the surface of the water and exhale drawing the arms together in front of the body, repeat