

## **CARDIO-RESISTANCE WORKOUT**

*Choreography developed by Instructors attending Cardio Core II workshop held April 2, 2006 in Cincinnati, Ohio, at the TriHealth Fitness Pavilion*

### **Block 1 – Cardio (focus: gluteals/core stabilization)**

Single leg hip flexion/extension (emphasize extension & core stabilization) right then left

Alternating front kick – reach toe with opposite arm

Cross Country Ski – neutral (level 2 impact) have both feet slide on pool floor

Power Jack (jack & tuck)

Narrow Tuck

Pendulum \*cue squeeze your gluts/toes point forward

Resistance – Shoulder abduction/adduction in lunge stance

Single leg bicycle

### **Block 2 – Cardio (focus: core stabilization)**

Ankle reach (front) \*cue open chest & core stabilization

Heel reach (behind)

Jumping Jack

Jack – Ski Combination

Cross Country Ski

Repeat sequence adding travel in various directions

Resistance – Shoulder flexion/extension \*cue slice thumbs up, press palms down in lunge stance

Shoulder flexion/extension \*cue press palms up, slice hands down in tandem stance

Sculling arms in figure 8's – single leg stance (close eyes to add intensity)

### **Block 3 – Cardio (focus: rotator cuff/lats/gluts/abs)**

Cross Country ski – slice arms (30 seconds)

Cross Country ski – internal/external shoulder rotation arms (30 seconds)

Cross Country ski – double arm flexion/extension (30 seconds) \*emphasize extension

Repeat sequence in neutral (level 2 impact)

Resistance – Single leg stance – internal/external shoulder rotation

Single leg bicycle

### **Block 4 – Cardio (focus: core stabilization with level 2 & 3 impact)**

Jumping Jacks – neutral (level 2 impact) slice arms up and pull down (latissimus dorsi focus)

Traveling Jacks forward

Cross Country ski – neutral (level 2 impact)

Cross Country ski with tuck center

Traveling Power jacks (jack & tuck) backward

Resistance – Tandem stance & “flasher arms” (slice and cross arms in front and emphasize horizontal abduction push against the water)

Single leg hip flexion/extension (emphasize extension)

### **Block 5 – Cardio (focus: abductors/adductors)**

Traveling Jacks forward (breast stroke arms)

Jacks on the spot

Traveling Jacks backward (arms reverse breaststroke)

Jacks on the spot neutral (level 2 impact)

Repeat sequence – on traveling jacks reverse arms so that you are using impeding instead of assisting arms. Jacks on the spot become “inward jacks” (legs adduct & land wide for adductor focus) and “outward jacks” (legs abduct & land center for abductor focus)

Resistance – Elbow flexion/extension (change focus from biceps to triceps)

Leg swing (use law of acceleration to increase intensity)