

CARDIO-RESISTANCE WORKOUT

Choreography developed by Instructors attending Cardio Core II workshop held July 16, 2006 in Moline Illinois, at the Two Rivers YMCA!

Block 1 – Cardio (focus: gluteals/rotators)

Single leg swing

Single leg hip extension / knee to chest “hug a beach ball with arms”

Repeat on opposite leg

Resistance – Single leg stance – external rotation

Single leg stance (opposite leg) – internal rotation

Block 2 – Cardio (focus: adductors/biceps & triceps)

Jacks – travel forward and back

Soccer kick - right leg

Step and slide (travel to the side) 4 to right, 4 to left (elbow flexion & extension)

Soccer kick – left leg

Jacks with ski arms

Repeat sequence adding travel in various directions

Resistance – Single leg stance – Elbow flexion/extension *cue slice thumb up, palm down

Single leg stance – Elbow flexion/extension *cue scoop palm up, slice hand down alternating arms

Block 3 – Cardio (focus: quadriceps/lats)

Walking lunges with shoulder flexion/extension (adding supination/pronation at the forearm)

Front kicks in 3's (Kick-kick-kick & hold)

Single leg squat – shoulder flexion/extension slightly anterior to the frontal plane

Alternating Squat and Kick

Resistance – Rotation side to side with drag equipment or buoyant handbar

Side bends with drag equipment or buoyant handbar

Block 4 – Cardio (focus: Gluteals & Posterior deltoid)

Rocking horse – knee bent in front / straight leg behind

- knee bent in front / curl behind

- straight leg front / straight leg behind

Change the lead leg and repeat on the other side

Travel “X” to the corners of the pool

Vary the arms – breast stroke/reverse breast stroke; shoulder flexion/extension, elbow flexion/extension; transverse abduction/adduction

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

Tandem stance – shoulder abduction/adduction

Block 5 – Cardio (focus: Hamstring/pectoralis)

Cross Country ski – traveling forward

Hamstring curl (leg flexed at the hip “suspended leg curl”) – add side travel *repeat other leg

Hamstring Jog – traveling back

Hamstring tucks (tuck with double leg knee flexion)

Repeat using various directions

Resistance – Standing single leg curl *repeat on other leg