

STRENGTH AND SPEED
MAHPERD 2011
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STATIONARY PHASE - Warm-up

- 3 Sets - 10 each
 - *Jumping Jacks
 - *Seal Jacks - arms out front and wide
 - *Flings JJ - cross arms in front and straight out
 - *Squats - hands behind head and squat - heels stay down
- 3 Sets - 50 each
 - *Low Pogo□s
 - arms in front with elbows 90□
 - pump arms in front and jump
 - land in □landing□ position. (Ready Position)
- 3 Sets 10 each
 - *High Pogo□s - jump high- bring toes up
 - circle arms
 - *Wide Outs
 - low squats- feet in and out
 - hands on thighs
 - land in □Landing□ position
 - *Gate Swings
 - □ - toes in and out

MOVING PHASE - HALF COURT

- split class - facing each other

*Decelerate Hold - hold for 5 seconds

*A-Skip

- skip - knee up - 90□ with arms
- lots of skips

*Side Shuffle

- small side steps

*FW Lunges

- knee up

*Side Lunges

- face sideways
- reach with heel
- stay low

*Front Cross Step

- cross foot in front
- pump arms

1 group

MOVING PHASE - FULL COURT

*Quick Step/Sprint

- lots of small steps (Quick Feet)
- quick arms - 90□
- 1/2 court - ½ sprint

*Quick Step/High Knees/Sprint - 1/3 - 1/3 - 1/3

*Front Cross Step

- pump arms

ANIMAL MOVEMENTS - HALF COURT

Inch Worm

- Legs straight!!

Down

- Walk hands out

& Back	-push up -walk feet to hands
Bear Walk D&B	-straight legs -finger tips
Rabbit	-squat - reach hands in front to floor -jump squat FW to hands -head up
Spider	-side face - moving sideways -push-up position -cross hands - not feet
Crab Walk D&B	-FW down, BW back -butt up!
Frog	-squat - reach up and jump FW
Gorilla	-low squatting cartwheel
Tiger	-rt hand and rt let together -lf hand way FW - foot back -bring lf foot to left hand

STANCE

- feet closer together
- up on ball of front foot
- opposite hand FW
- other arm back
- head down at first

RUNNING RELAYS

- *facing each other - 2 groups = 1 team
- *2 teams - touch teacher's hand

LADDERS

1. 2 FOOT JUMP FW
2. 1 FOOT RT AND LF
3. SINGLE - 2 FEET IN BOX - SIDE RUN - RT/LF
4. BOTH FEET IN / STRADDLE OUT
5. 2 FEET DIAGONAL - IN AND OUT
6. 2 FEET SIDeways JUMP
7. START ON SIDE - IN-IN-OUT
8. HOPSCOTCH - STRADDLE IN WITH 1 FOOT ALTERNATING
9. OUT LEG IN SQUARE - IN LEG OUT BEHIND
10. KNEE UP - KNEE LEG IN SQUARE

LADDER RELAYS

1. BEAR CRAWL - HANDS ALTERNATE IN SQUARE - DOWN AND RUN BACK
2. STUDENT CHOOSES HOW MANY LADDERS THEY 2 FOOT JUMP/ IF TOUCHES HAS TO GO BACK TO BEGINNING - RUN BACK

ABS/COOLDOWN

- *Lay flat - arms out - lift legs up and hold
- *V-ups - keep legs straight
- *Side Plank - side crunches
- *Bicycles
- *Push-ups
- *10 second Stick - p-up all the way down and hold hover

STRETCH

- *Toe Touch
- *Downward facing dog
- *Upward facing dog
- *Lunge Twist - hand together - rt elbow to lf knee - twist

ZUMBA

www.zumba.com - this will tell you where and when a Zumba conference is held

For dances and routines - go to "youtube" and write in "zumba" plus the song you like and it will give you many example routines from different instructors.

Those of you who participated - Nice Job! You were FABULOUS!
Please email me if you have any more questions or comments.

Here is a play list of the songs we dances to:

- 1.Club Cant handel me -Flo Rida
- 2.Thu Song-Zumba Fitness
- 3.Teeth-Lady Gaga
- 4.Zumbalicious -Zumba Cardio Party & Live
- 5.The Anthem, Pitbul
- 6.On the Floor-Jennifer Lopez
- 7.Bora Bora-zumba
- 8.Runaway Baby-Bruno Mars
- 9.Que Si Que No
- 10.Only Girl in the World -Rihanna Loud
- 11.Ringa- zumba