

CARDIO CHOREOGRAPHY

WARM-UP (3 MINUTES)

MAIN DANCE CHOREOGRAPHY SEGMENT (21 MINUTES) Song 1:	
O Routine:)
O Counts 1-8:	
O Counts 1-8:	
_	
O Counts 9-16: O Counts 9-16:	
O Counts 17-24: O Counts 17-24:	
O Counts 25-32: O Counts 25-32:	
Song 3: Song 4:	
O Routine: O Routine:	
O Counts 1-8: O Counts 1-8:	
O Counts 9-16: O Counts 9-16:	
O Counts 17-24: O Counts 17-24:	
O Counts 25-32: O Counts 25-32:	
Song 5: Song 6:	
O Routine: O Routine:	
O Counts 1-8: O Counts 1-8:	
O Counts 9-16: O Counts 9-16:	
O Counts 17-24: O Counts 17-24:	
O Counts 25-32: Counts 25-32:	
Song 7: COOL-DOWN AND	\
O Routine: STRETCHING (3 MINUTES) O Counts 1-8:	/
O Counts 9-16: O Cool-Down Routine:	
O Counts 17-24: O Duration: 3 minutes	
O Counts 17 24:	



CIRCUIT TRAINING: WARM-UP (5 MINUTES)

CIRCUIT TRAINING SEGMENT (20 MINUTES)

Duration: 1 minute	of rest or transition
Exercise 1:	Station 2 (3 minutes) Exercise 1: Duration: 45 seconds Rest: 15 seconds Exercise 2: Duration: 45 seconds Rest: 15 seconds Exercise 3: Duration: 45 seconds Transition to next station: 15 seconds
Duration: 45 seconds Rest: 15 seconds Exercise 3: Duration: 45 seconds Transition to next station: 15	Station 4 (3 minutes) Exercise 1: Duration: 45 seconds Rest: 15 seconds Exercise 2: Duration: 45 seconds Rest: 15 seconds Exercise 3: Duration: 45 seconds Transition to next station: 15 seconds
	Duration: 1 minute Exercise 2:



Sta	tion 5 (3 minutes)	Station 6 (3 minutes)			
0	Exercise 1:	O Exercise 1:			
0	Duration: 45 seconds	O Duration: 45 seconds			
0	Rest: 15 seconds	Rest: 15 seconds			
0	Exercise 2:	Carrolle 2:			
0	Duration: 45 seconds	O Duration: 45 seconds			
0	Rest: 15 seconds	Rest: 15 seconds			
0	Exercise 3:	Carrolle Exercise 3:			
0	Duration: 45 seconds	O Duration: 45 seconds			
0	Transition to next station: 15	Transition to next station: 15			
	seconds	seconds			
COOL-DOWN AND STRETCHING (5 MINUTES)					
	O Exercise 1: O Duration: 1-2 min				

Exercise 2: ____Duration: 1-2 minutes

O Exercise 3: _____

O Duration: 1-2 minutes



FLEXIBILITY

		WARM-UP (5 MINUTES)	
0	Exercise 1:		
Ŏ	Exercise 2:		
\bigcirc	Exercise 3:		
		MAIN STRETCHING SEGMENT (20 MINUTES)	
0	Upper Bod	y Stretches (5 minutes)	
\bigcirc	Exercise 1:		
0	Exercise 2:		
\circ	Exercise 3:		
		LOWER BODY STRETCHES (5 MINUTES)	
\bigcirc	Exercise 1:		
0			
0	Exercise 3:		
		FULL BODY STRETCHES (5 MINUTES)	
\bigcirc			
\cup	LXEI CISE 3.		
		DYNAMIC STRETCHES (5 MINUTES)	
\bigcirc			
	LACTUSC J.		
		COOL-DOWN AND RELAXATION (5 MINUTES)	
\bigcirc			
\mathcal{C}	Exercise 2: Exercise 3:		
()	Exercise 3:		



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(WARM-UP (5 MINUTES))

TIII DEGIVIEI	NT (20 MINUTES)
Round 1 (5 minutes)	Round 2 (5 minutes)
Exercise 1 (Work Interval):	Exercise 1 (Work Interval):
(45 seconds)	
Rest Interval: 15 seconds	Rest Interval: 15 seconds
Exercise 2 (Work Interval): (45 seconds)	Exercise 2 (Work Interval): (45 seconds
Rest Interval: 15 seconds	Rest Interval: 15 seconds
Exercise 3 (Work Interval):	Exercise 3 (Work Interval):
(45 seconds)	
Rest Interval: 15 seconds	Rest Interval: 15 seconds
Exercise 4 (Work Interval):	Exercise 4 (Work Interval):
(45 seconds)	(45 seconds
Rest Interval: 15 seconds	Rest Interval: 15 seconds
Round 3 (5 minutes)	Round 4 (5 minutes)
Exercise 1 (Work Interval):	Exercise 1 (Work Interval):
(45 seconds)	(45 seconds
Rest Interval: 15 seconds	Rest Interval: 15 seconds
Exercise 2 (Work Interval):	Exercise 2 (Work Interval):
(45 seconds)	
Rest Interval: 15 seconds	Rest Interval: 15 seconds
Exercise 3 (Work Interval):	Exercise 3 (Work Interval):
— (45 seconds)	
Rest Interval: 15 seconds	Rest Interval: 15 seconds
I EVER THE TOTAL OF THE	Exercise 4 (Work Interval): (45 seconds
Exercise 4 (Work Interval): (45 seconds)	



INTERVAL TRAINING

Warm-Up (5 minutes)Exercise 1:Exercise 2:Exercise 3:	
INTERVAL SEGMENT (20 MINUTES)	
Round 1 (5 minutes) Exercise 1 (Work Interval): Exercise 2 (Rest Interval): Exercise 3 (Work Interval): Exercise 4 (Rest Interval):	
 Round 2 (5 minutes) Exercise 1 (Work Interval): Exercise 2 (Rest Interval): Exercise 3 (Work Interval): Exercise 4 (Rest Interval): 	
Round 3 (5 minutes) Exercise 1 (Work Interval): Exercise 2 (Rest Interval): Exercise 3 (Work Interval): Exercise 4 (Rest Interval):	
Round 4 (5 minutes) Exercise 1 (Work Interval): Exercise 2 (Rest Interval): Exercise 3 (Work Interval): Exercise 4 (Rest Interval):	
COOL-DOWN AND STRETCHING (5 MINUTES)	
Exercise 1:	