

Cardio Crazy
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This workshop takes the step and the floor and turns them into a fitness playground for the cardio crazed. Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash. Create all sorts of wild ways to excite your students and to keep them challenged and coming back for more. Everyone will perform various Cardio combos together and then will work in teams to perform cardio tasks and drills.

Circuit Training Benefits - In both the group exercise and personal trainer arenas, circuit training can be very effective. Adding a circuit or interval format for cardiovascular training allows for all sorts of wonderful options with toys, training zones, and teaching skills.

Below are just a few of the many benefits.

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|---------------------------------|--|
| 1. Strength and cardio gains | 6. Can accommodate varied skill levels |
| 2. Major Fun Factor | 7. Offers Endless variety |
| 3. Exercise adherence | |
| 4. Instructor as coach | |
| 5. Cross training - sport skill | |

Cardio Mix and Match Circuit with basic gym equipment – 10 Stations

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|-------------------------------------|---------------------|
| 1. Step ladder | 6. Pass and Run |
| 2. Gliding Skate and Ski (body bar) | 7. Step Quick run |
| 3. Step Tag | 8. Surf Pop ups |
| 4. Ski Mogul Jumps (body bar) | 9. Partner Reaction |
| 5. Suicide Partner Run | 10. Squat Sky |

Cardio Choreography

Gliding Cardio

Single slides/ double sides

U pattern, alternate squat, quick squat

Alternate lunges 6 fast and 4 slow

Squat twist, slide and circle

Tilt lunge

Med ball Cardio

Power chops with power squats

Alternate knees with ball crossing body

Step to side 4 / lunge circling ball around lunging leg

Lunge inside leg back x2
Same leg lunge front and back
Power lunges front and back

Sumo Walk forward 4
Jump or step touch back 4
Squat side-to-side slow tossing ball hand-to-hand
Same double time

Shuffle side with ball toss
Boxers shuffle with inside leg front and back
Squat side to side with torso rotate
Front tin solder with ball at chest

Low alternating lunges with progressive ball angles

Squat and Curl x2
Squat and Reach x2
Squat and 1/4 turn R and L

Turn to side lunge and pass –pull back leg to front
Step lunge again and press – front leg steps back to start
Heel dig front with figure 8's

Alt knees up with ball circle under legs
Lunge alt side-to-side ball circles under lunging leg
Power run with ball circling around body and between legs

Gliding Drills

1. Disc as marker
2. Swim
3. Burpee combos
4. Partner river dance

Cardio Games

1. Newspaper Run
2. Partner Pull/Push
3. Circle games
4. Cup hop
5. Reaction Drill – L/R/In/Out
6. Gliding back to back relay
7. Crab walk/ wheel barrow
8. Discs as markers – agility drills
9. Jumping Jack “inside outside”
combos (2 j jacks and 4 in or outs)

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