



Stacey Lei Krauss

ECA OBOW Award recipient for Best Adapted Class

WillPower is the ability to create change using the power of your mind. Grace is how you land on your feet. willPower & grace® is the *high-energy cardio class* that you've been searching for! This workout is a calorie burning, rhythmic fusion of postures, drills and principles. Leave your shoes at home... this class integrates the newest barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. In time you will stand taller, walk with greater confidence and move with integrity.

willPower foundation training: fusion based on function

- choreography remains the same, approach becomes sophisticated & creative
- efficient, precision training: flexibility, strength, endurance, core
- potential for maximum intensity for all students (3 levels)
- challenging the cardio norm: balance, rotation, vestibular training, cervical work
- barefoot

sole training

- why do we wear fitness shoes?
- considerations when barefoot
- benefits of Sole Training
- application of Sole Training
fundamentals : flexibility, grip (strength), transverse arch

intention

- mind-muscle (association)
- purpose of workout (association/ dissociation)
- Word of the Week (dissociation)



Today's Playlist utilizing

by POWERMUSIC.com

<u>Song</u>	<u>Album</u>
Breathe In	D: Fuse & Hiratzka
Track 1: 123bpm	willPower Season ONE: Power Music / intelligent Music
Track 1: 125bpm	willPower Season TWO: Power Music / intelligent Music
Growth	India Arie
Cali Spaces	Om: Ibiza 2005
The Strangest Feeling	Saint Germain des Pres Café II
Rocket Man	Gin Blossoms

contact stacey lei for in-club workshops and instructor training
at
www.willpowerfit.com

