

# FREE awesome abdominals chart



Using a brightly coloured wall chart format, the 2006 National Guide to Fitness & Health provides step-by-step instructions to achieve awesome abdominals.

Pro-Visual Publishing, in conjunction with Australian Fitness Network, has produced the chart, which is designed for all fitness levels and is suitable for use in schools, clubs, personal training studios, and with groups or individuals.

For further information or to receive a chart, phone Pro-Visual Publishing on 02 8272 2611 or e-mail [enquiries@provisual.com.au](mailto:enquiries@provisual.com.au)

## Versatile step

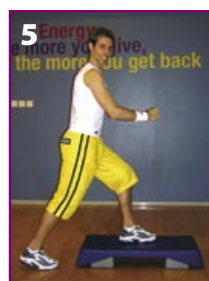
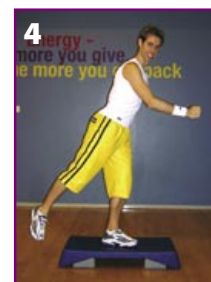
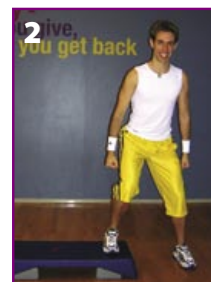
**L**ooking for some step choreography to quench your thirst for new moves?

As you can see from the photos, you are going to be travelling in all directions with a rhythm change here and there to spice things up a little - there's nothing more valuable for us instructors than playing with rhythm to keep our moves looking and feeling fresh!

The entire routine can be taught facing the front, allowing you to add direction changes to challenge your students after they have mastered the leg patterns. And, if you teach a variety of freestyle classes, including dance-based ones, there is an added bonus to this routine.

You can take all the moves from counts 13 to 24 (step kick, etc.) and teach them as part of a funk-style routine! Obviously you will need to change the directions a little (facing front rather than side), and you might change the names of the moves as well (stomp can be called 'step back', and cut the corner can be a 'box step').

Conveniently, the footwork can be taught on the floor without the use of the step, keeping your choreography versatile for both types of class!

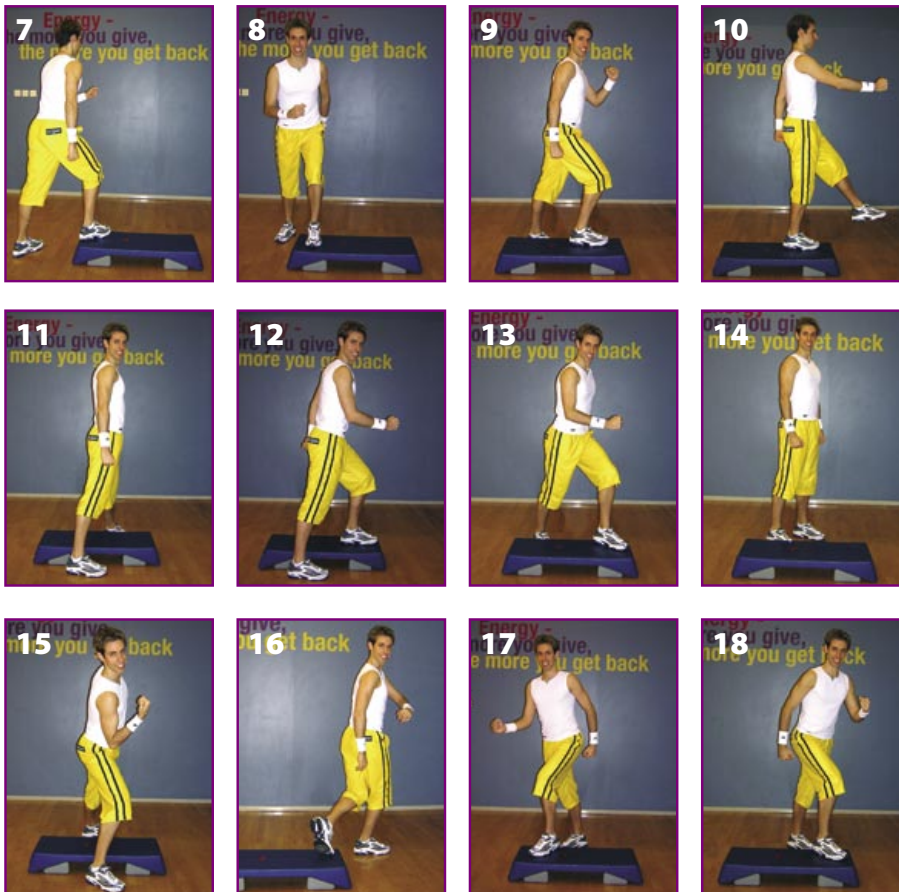


| Photo | Counts | Move              | Lead Leg | Direction/Travel                                                                         |
|-------|--------|-------------------|----------|------------------------------------------------------------------------------------------|
| 1-6   | 1-6    | Over the bridge   | R        | Start by facing front, on count 4 turn to L side, on count 6 step down and face the back |
| 7     | 7-9    | Stomp             | R        | Face the back and start moving to face front                                             |
| 8     | 10-12  | Stomp             | L        | Face front                                                                               |
| 9-10  | 13-14  | Step kick         | R        | Face L side                                                                              |
| 11    | 15     | Straddle          | L-R      | Face L side, step L leg on floor quickly followed by R leg                               |
| 12-14 | 16-18  | Stomp step behind | L        | Face L side, step L leg up, bring R leg behind, step both legs on floor                  |
| 15    | 19-20  | Cha Cha straddle  | R        | Face L side, straddle the step starting with R leg                                       |
| 16    | 21-24  | Cut the corner    | L        | Face L                                                                                   |
| 17    | 25-29  | Double stomp      | L        | Face front                                                                               |
| 18    | 30-32  | Single stomp      | R        | Face front                                                                               |

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## Teaching Progressions

### Section A: Over the bridge and 2 stomps (counts 1 to 12)

- Teach 1 x single stomp and 4 repeater stomps, 1 knee (holding pattern)
- Change 4 repeater stomps to 3 alternated stomps (L, R, L leg)
- Change 1<sup>st</sup> single stomp and 1<sup>st</sup> alternated stomp into 'over the bridge'
- Add turn to the side on count 4 and turn to the back on count 5 and 6.

### Section B: Step kick rhythm change, double stomp and single stomp (counts 13 to 32)

- Teach 1 x step kick, 2 x single stomps, 2 marches, 1 basic (holding pattern)
- Speed up the tempo in between 1 x step kick and 1<sup>st</sup> stomp to achieve the rhythm change (counts 1, 2, 3 & 4, 5, 6)
- Change 2<sup>nd</sup> stomp and 2 marches into cha cha on floor (counts 7 & 8) and 4 marches (counts 9, 10, 11, 12)
- Face L side during step kick, travel stomp from the front to the back of the step (cross over stomp)
- Add straddle on cha cha and change 4 last marches into 'cut the corner'
- Add double stomp and single stomp to finish the block. ♦



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Currently based in Hong Kong, but originally from Italy, Mirko is a group fitness instructor, teacher trainer, aqua fitness lecturer and international presenter who has worked in the fitness industry for the past 10 years.

