

Straight & Strong

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Straight and strong is a high impact interval class. Very simple aerobic combinations, used to increase the heart rate, are contrasted with challenging strength work. The combinations used in this master class are the tip of the ice burg as far as moves and routines suitable for this class. There is no limit to the routines and strength work appropriate for Straight and Strong.

Straight and Strong is a class which is exciting due to delivery rather than content. The simplicity of the class means the instructor can communicate and inspire the class. The instructor can entertain and motivate, giving the class a challenging and exhilarating work out every time. People will come back week after week.

INTERVAL TRAINING

1. Benefits of interval training in a class situation

- **Strength and cardio fitness in the one class**

The advantage of interval training demonstrated in the Straight & Strong class is that it utilises the body's aerobic and anaerobic energy-producing systems. Cardio exercises such as running and simple aerobic routines, using the aerobic system, allow the class to work out for several minutes using oxygen to convert carbohydrates and fats into energy. This builds endurance and stamina. Body weight exercises in the class utilises the anaerobic system which draws energy from carbohydrates (in the form of glycogen) stored in the muscles for short bursts of activity.

- **Gives the class structure and allows the participants to pace themselves**

In a class situation, Interval training is great because it gives the class structure and purpose within each phase. Participants can push hard knowing they will be getting a break or a new exercise shortly. It provides the participants opportunity to increase their intensity without burning themselves out in minutes.

- **Allows the instructor to teach a class specific to the individuals in the class**

The intervals in Straight & Strong are based according to the needs and perceptions of the participant. In other words, how the instructor feels the class is coping with the work out determines the length and speed of each interval. The class can be specific to the particular class the instructor is faced with at a certain time. The intensity of each interval is up to how the instructor feels and how hard they want the class to work. The same is true for the length of each interval.

Interval training in Straight & Strong is suitable for all fitness levels. Options for each routine and exercise ensures this class is suitable for all participants in the class.

2. Straight and Strong and its adaptation for other fitness situations

- The choreography featured in the simple aerobic routines in the class can be used for other group fitness classes. These might include warm ups for step or sculpt classes, circuit classes or boot camp style classes.
- The body weight combinations could be used in any kind of sculpt, fit ball or combination style classes.
- Other drills used in the class can be used for small group PT sessions, one on one PT sessions or boot camp sessions.

CHOREOGRAPHY

Warm up/Cardio Block 1

2 steps

Step touch around the corner

Hamstring curl-L shape

Mambo chasse

Easy walk

Squats curl/ swing arms (travelling forward), Squat taps/ figure of 8 arms and windmill arms

Step touch (forward) (arm line combo)

Double step touch

Hamstring curl (back)

Single knee lift (1/4 turn)

2 steps/spike

Jog side wall/jack back

Squat Jack/ 4 jacks

Strength Block 1

3 Pulsing squat/jump (swing arms)



Push up combo (facing side wall)

3 pulses/single push up/pull back, Rotating plank to front of the room, knee to elbow x 2



Cardio block 2

3 step run moving forwards (4 times)

Ice skater

knees up Jog back

2 knee repeater 2X (forward)

Jog back

Double hop (face back)

Repeat above facing the back

Jog corner

Heel digs back (both sides)

Side flicks

Double side flicks

Strength block 2

Step touch on an angle

Standing on 1 leg, other toe resting on the floor, dead lift- running hands down leg

As above- reaching arms out in front.

Arabesque- standing on 1 leg

Combination

Arabesque (as above) 2 times/4 knee repeater/lunge kick 2 times



Cardio Block 3

Jog forward

Bounce on the spot

Hop back

Leap side to side

4 steps across

3 steps/1 jump

2 steps/2 jumps

1 step/1 jump

Swing jump

3 jogs forward/back (clap)

Jog on the spot

Burpie

Strength Block 3

Lift and twist

Feet up/up, both drift down

Lift and twist

Compound crunch butterfly arms



Hover- knee drop



Leg extension (out, out, pull in) 2X

Bicycle crunch

3 pulse

