

TOTAL BODY MAKEOVER

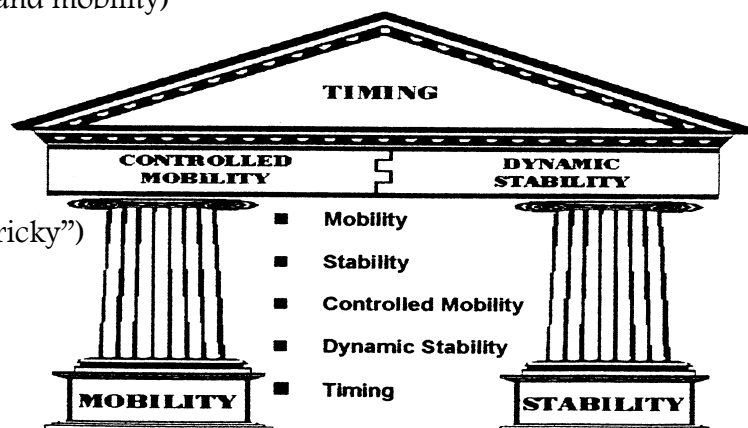
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Mission: "wellness without walls™"

I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. Our Purpose Today: (stability and mobility)
4. Resources/Equipment:
5. Theme:

II. THEORY

1. Stability/Mobility
2. Isotonic/Isometric
3. The COUNT of 8-8-8 (first 8 is "tricky")
4. Stabilize-Mobilize-Stabilize
5. Balance in last count of 8
6. Music Tempo and Lyrics
7. Flexibility Training: ACTIVE
8. M, W, F: LEFT side first



Functional Performance Structure

III. PRACTICAL

Our notes:

Agenda Legend Key for reading Choreography:
 xs = "times" of repetitions. We generally do 8, 4, or 3 repetitions.
 Y = Yoga P = Pilates T'ai Chi and Qi Gong = TC
 G= Gyrokinesis F = Feldenkrais
 (s) = slow (f) = fast
 NIA R = Right L= Left
 EQ = EQUIPMENT
 ROS = Repeat Other Side
 -O- = "or" to offer options
 O/Re- = Regression (making a movement easier)
 O/Pr = Progression (making a movement harder)

1. Explain class purpose: "to train strength and flexibility in an express format of 30 minutes with a unique timing approach of 8-8-8 (holding for slow 8 counts, moving for faster 8 counts, and holding again for slow 8 counts)." TIMING: YOU may decide if your 8 counts are slower or faster based on participants' abilities. WHY instrumental music. Explain the 8-8-8 functional approach means we will "train stability and mobility."
2. If You ever have to choose a side, try to start on the LEFT sides on M, W, F and RIGHT sides on T, Th, Sa. On a Sunday it's instructor's choice.

Summary:
Home-Work:
Resources:
Final Take-Home Messages:

PURPOSE	Where	Movements	Special Cues, Alignment, Safety
1. LEGS and Upper Body Coordinatn.	Standing	<ul style="list-style-type: none"> Lower back stretch. TWISTING SQUATS (start down and looking to one side): 8-8-8 Arms in “athletic ready” TWISTING BACKWARD LUNGES w/OverHead Chop (start down facing other side from previous squats): 8-8-8 OH STRETCH ROS both SQUATS and LUNGES (Example: on T, Th, Sa, start squatting to the right side rotating right, then right leg goes back for the lunges and we rotate left) 	<p>Keep spine extended. Keep knees behind toes. Feet remain parallel. Minimize knee movement. Keep glutes above knee level.</p> <p>In lunges, a rotation is always twisting in the direction of the knee in front.</p> <p>Keep spine extended.</p>
Hamstrings and Back Extensors		<ul style="list-style-type: none"> OH STRETCH HIP HINGES (start down, arms at sides palms facing back, or out to the sides like an airplane) 8-8-8 <p>Cue: “You may bend your knees, you may not round your back!”</p>	<p>Hinges Cue: “this is how you should bend over in the bathroom, at the kitchen sink, to pick things up.” “Get this move now because we will be adding movements to this position!”</p>
Quadriceps	Kneeling	<p>Kneel behind mat for next series. Pad the knees if needed.</p> <ul style="list-style-type: none"> KNEELING QUADRICEP WORK (start back) with arms forward 8-8-8 KNEELING QUADRICEP STRETCH 	<p>Keep hips pushing towards the front. Keep pushing feet into the mat for the stretch.</p> <p>Cue breathing!</p>
2.CHEST/ SHOULDERS	Kneeling or on Toes	<ul style="list-style-type: none"> Knee OR Toe PUSH-UPS 8-8-8 (start up, elbows facing out, fingers facing IN) 	<p>CUE BREATHING. Hold the first 8 in UP position as long or short of a count as you choose. O/Pr: lift one leg or knee off of the floor with each push-up.</p>
OBLIQUES	Quadruped:	<p>quadruped position:</p> <ul style="list-style-type: none"> QUADRUPED EXTERNAL ROTATIONS (start in rotation looking up) 8-8-8 	<p>Keep spine extended as you rotate. Cue: “look up, not to the side”</p>
CHEST/SHO ULTERS	Kneeling or on Toes (again)	<ul style="list-style-type: none"> ROS PUSH-UPS 8-8-8 + 	
OBLIQUES	Quadruped again	<ul style="list-style-type: none"> QUADRUPED EXTERNAL ROTATIONS KNEELING CHEST STRETCHES 	
3. STABILIZATI	Side-lying	<ul style="list-style-type: none"> SIDE PLANK (start up) 8-8-8 	<p>O/Re: keep hips on floor entire time and</p>

ON/ QUADRATUS LUMBORUM	Prone Side-lying Prone	<ul style="list-style-type: none"> • PRONE TORSO STABILIZATION (knees or hips) hold 8 or 16 or 24 or 32 counts • ROS SIDE PLANK (start up) 8-8-8 • PRONE TORSO STABILIZATION (knees or hips) hold 8 or 16 or 24 or 32 counts <p><i>Note: INSTRUCTOR SHOULD MOVE TO THE BACK OF THE ROOM WHEN STUDENTS FACE BACK –OR– REPOSITION CLASS TO THE OTHER SIDE FACING FRONT WHICH TAKES UP MORE TIME.</i></p> <p>Push to seated mermaid....</p>	<i>just lift up lower hand. O/Pr: raise top arm off of the floor Cue to keep neck and shoulder in neutral (“yes” and “no” game).</i>
4. CHEST/ GLUTES & HAMSTRIN GS/ TRICEPS	Seated	<ul style="list-style-type: none"> • SEATED MERMAID TO ONE SIDE + SINGLE OR DOUBLE ARM PUSH-UPS (start down) 8-8-8 • REVERSE SEATED PLANK WITH CROSSED LEGS on palms or fists (start up) 8-8-8 • SEATED MERMAID TO ONE SIDE + SINGLE OR DOUBLE ARM PUSH-UPS (start down) 8-8-8 • SEATED TRICEPS STRETCH (one arm at a time) 	<i>O/Pr: extend the knees towards the front. If it’s a double arm push up, always work the arm closer to the back of the room. Cue to keep spine extended on push-ups. Neutral neck always. For wrist issues, can be done on the forearms and with feet on floor flat.</i>
5. GLUTES & HAMSTRIN GS/ OBLIQUES/ ABDOMINA LS	Supine	<ul style="list-style-type: none"> • SINGLE LEG BRIDGES WITH KNEES TOUCHING (start up) 8-8-8 • ABDOMINAL “PULL THE ROPE” in 1 diagonal direction (start up) 8-8-8 • ROS SINGLE LEG BRIDGES AND ABDOMINAL “PULL THE ROPE” • ABDOMINAL SEATED STRETCH (arms overhead) 	<i>Cue to start with knees bent 90 degrees or near the hands. O/Pr: arms overhead. O/Re: arms by the side palms up or down.</i> <i>O/Re: hold the head w/one hand. Shoulder blades try to remain off of the floor always</i>
6. SPINAL EXTENSORS	Prone	<ul style="list-style-type: none"> • SPINAL EXTENSION hands behind ears (start up) 8-8-8 • PUSH UP TO KNEELING CAT STRETCH <p>Grab mat and stand up with it.</p>	<i>O/Pr: add a slight rotation on the lift and/or extend elbows. Cue: “keep the chin tucked in during the entire movement”. Feet do NOT lift in this series.</i>
7. Flexibility	Standing	Hamstrings, Glutes, Quadriceps, & Anterior Tibialis	<i>Teach people how to bend over to get their mats.</i>