

WELCOME TO THE MARCH ON WATER A Silver Splash Extravaganza! Part Three:

by Marg Stewart, CALA & CanFitPro certified

A brief review of Part One and Two: Marg has choreographed an entire class using the 'Marching with the Masters' cassette tape. The movements and music have motivated her group of dedicated, energetic, social older adults.

Class overview:

The warm up (7.5 minutes) includes the CALA base moves to prepare the participants for the workout. The workout phase includes cardio and muscle strength and endurance. The cardio (28 minutes) includes a variety of movements to create muscle balance. Participants are encouraged to modify their own workout. The muscular strength and endurance (5 minute) focuses on core strength. The stretch and relaxation (5 minutes) is designed to give the participants time to recover from the workout phase.

The warm up, complete with moves and cues was included in Part One of this ongoing article (Wavelink: Double Issue: #30 and #31). For details of Work Phase Block One, see Wavelink #32.

How to use the choreography:

- (pp, uj, tbh, b) * Integrate these basic cues throughout the work phase.
- The preferred 'LAPS' option is indicated. The ultimate choice is up to the participant, personal modifications are encouraged.
- Cues remain the same for all moves throughout the block, unless otherwise indicated.
- For all upper body movements, demonstrate the fist, flat and fold hand positions. Show 'CH' and the participant can choose the hand position that best suits their needs (many prefer to slice).
- For all lower body movements, demonstrate the dorsi and plantar flexion foot positions. Show 'CF' to encourage participants to choose the foot position that best suits their needs.
- Remind participants to keep hands facing the same direction during the movement, rather than "fishy swim" or "flopping hands".
- Encourage full range of motion unless otherwise indicated.
- Ask for perceived exertion ("how ya doin'") frequently; with a reminder to work at a level that feels 'moderately hard' to 'hard'. This enables participants to work at a steady state in the aerobic training zone for the entire class.

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Thanks

Key to Common Cues

Alignment:

- * pp: Power posture : long neck, brains over body, chin retracted, long spine, activated abdominals, level pelvis, open chest, shoulders down, shoulder blades attached to spine, ZIP IT ALL UP!

Joint:

- * uj: Unlocked joints
- * tbh: Toe-ball-heel landing

General:

- * b: Breathe

Resistance:

- * S: slice (easy)
- * FF: fist or fold (intermediate)
- * F: flat (advanced)
- * CH: choose a hand position that best suits your fitness level and needs
- * pf: plantar flexion: gently point foot
- * df: dorsi flexion: gently pull front of foot towards shin
- * CF: choose an appropriate foot position
- * sl: straight lever, long lever
- * bl: bent lever, short lever
- * CL: choose an appropriate lever length
- * T: Turbulence: create 'white water'

Impact: (LAPS)

- * L: light bounce (high or low intensity)
- * A: anchored (high or low intensity)
- * P: propulsion (high intensity higher impact - if performed with impact)
- * CI: choose an appropriate impact level, modify the intensity and level of impact

Note: Give permission to modify range of motion, hand position, impact and lever length. Cue the movement, demonstrate the preference, then show options. Participants will protect themselves from injury, work out harder, or relax during the class.

- * The preceding common cues are reviewed at least once for each new movement. Extra cues are integrated according to the needs of the participants and the specific characteristics of the movement combination. Cues are both visual and verbal to meet the needs of a diverse group of exercisers.

Workout Phase - Block II

The Music - "Movin With the Masters"

- Semper Fidelis (124 bpm) in part
- 76 Trombones (124 bpm) in part

Total Time: approx. 7 minutes

The Workout Phase Choreography including legs, arms, tempo, repetitions (reps), general and specific cues:

LEGS	ARMS	TEMPO	REPS
1. w ham j'om	uni hi tzn	1/4 T	begin with left ham curl x 4
Cues (A, L, F, CH, CI,CF) Shoulders back and down, keep elbows out to sides at chest height, focus on bicep action pulling into chest and hamstrings squeezing towards gluteals. Prepare participants for the change to *leap out.			
2. leap out	uni hi tzn	1/4 T	begin step rt., lt ham curl x 4
Cues (P, L, A, F, CH, CI, CF) Leap out is a propulsive power move that can be modified to 1/4 tempo hamstring curl. To execute powerfully, turn slightly in direction of step out landing foot and leap into it. Complete the move by stepping back to centre position (both feet together). Next, leap out to the opposite direction and repeat right to left for the number of repetitions indicated (each leap out is one repetition). The finishing step becomes a neutral move which can lead into either a Right or Left foot lead. Inhale when you step or leap out, and exhale when you return to centre position. The action itself involves hip abduction using the gluteus medius and tensor fascia lata; knee extension working the quadriceps, and hip extension using the hamstrings during the powerful push outwards and landing.			
3. rocking horse	uni bi/tri curls	1/2 T	step to right x 4
Cues (P, L, FF, CH, CI, CF) Start with a left ham curl and follow with a right knee lift. Squeeze heel to gluts and pull knee up front focusing on abdominal activation on the knee lift. At the same time imagine that the foot that is lifting is wearing a heavy cement shoe. Keep elbows at waist and flex and extend at elbow joint, focusing on the biceps as hand lifts and the triceps as hand pushes down and back. Keep palms supinated.			
4. stiff horse	uni x ski arms	1/2 T	step to right x 4
Cues (P, L, FF, CH, sl, CL, CI, CF) Start with gluteal squeeze as leg lifts to the back (hip extension). Follow with a hip kick front. Bend the knee (of the moving leg) slightly and/or flex foot slightly to decrease intensity; straighten the moving leg lever and/or plantar flex the foot to increase intensity. Choose a comfortable range of motion while reaching both hands forward and backward. Keep hands below the water line. Focus on strong deltoids during the shoulder joint action. Keep elbow and knee joints unlocked.			
5. leap out	uni hi tzn	1/4 T	step to right first x 8
6. rocking horse	uni bi/tri curls	1/2 T	step to left x 4
7. stiff h	uni x ski arms	1/2 T	step to left x 4
8. leap out	uni hi tzn	1/4 T	step to left first x 4
9. rocking horse	uni bi/tri curls	1/2 T	step to right x 2
10. stiff h	uni x ski arms	1/2 T	step to right x 2
11. leap out	uni hi tzn	1/4 T	step to right first x 4
12. rocking horse	uni bi/tri curls	1/2 T	step to left x 2
13. stiff h	uni x ski arms	1/2 T	step to left x 2
14. leap out	uni hi tzn	1/4 T	step to left first x 4
15. rocking horse	uni bi/tri curls	1/2 T	step to right x 2
16. stiff horse	uni x ski arms	1/2 T	step to right x 2
17. w ham j'om	uni br strk	1/2 T	x 8
Cues (P, A, L, F, CH, CF, CL, CI) Alternate wide hamstring curls focusing on heel to gluts and propelling 'out' of the water powerfully. "Show me your belly button." As an alternative; anchor the body. Keep one foot on pool bottom all the time. "Imagine heavy cement feet curling back." "Arms make an upside down heart shape - the bigger the heart the harder the move." Pulling hands out, downwards and slightly towards hips. Keep wrist stiff, and hand strong.			
18. n ham tk	uni hh	1/2 T	x 4
Cues (P, L, FF, CH, CL, CI, CF) Keep feet and knees together and exhale and squeeze heels to gluts as if crushing a watermelon. Keep elbows fixed at waist and focus on using triceps to push the water down, as heels reach towards gluts (knee flexion). Pull hands to armpits, activating biceps to return to a vertical, standing position.			

<i>LEGS</i>	<i>ARMS</i>	<i>TEMPO</i>	<i>REPS</i>
19. leap out	uni hi tzn	1/4 T	step to left first x 4
20. rocking horse	uni bi/tri curls	1/2 T	step to left x 2
21. stiff h	uni x ski arms	1/2 T	step to left x 2
22. w ham j'om	uni br strk	1/2 T	x 8
23. n ham tk	uni hh	1/2 T	x 4
24. leap out	uni hi tzn	1/4 T	step to right first x 4
25. rocking horse	uni bi/tri curls	1/2 T	step to right x 2
26. stiff h	uni x ski arms	1/2 T	step to right x 2
27. w ham j'om	uni br strk	1/2 T	x 8
28. n ham tk	uni hh	1/2 T	x 4
29. leap out	uni hi tzn	1/4 T	step to left first x 4
30. rocking horse	uni bi/tri curls	1/2 T	step to left x 2
31. stiff h	uni x ski arms	1/2 T	step to left x 2
32. w ham j'om	uni br strk	1/2 T	x 8
33. n ham tk	uni hh	1/2 T	x 4
34. leap out	uni hi tzn	1/4 T	step to right first x 4
35. rocking horse	uni bi/tri curls	1/2 T	step to right, travel right x 2
36. stiff h	uni x ski arms	1/2 T	step to right x 2
37. w ham j'om	uni br strk	1/2 T	x 8
38. n ham tk	uni hh	1/2 T	x 4
39. leap out	uni hi tzn	1/4 T	step to left first x 4
40. rocking horse	uni bi/tri curls	1/2 T	step to lt travel left x 2
41. stiff h	uni x ski arms	1/2 T	step to left x 2
42. w ham j'om	uni br strk	1/2 T	x 8
43. n ham tk	uni hh	1/2 T	x 4
44. leap out	uni hi tzn	1/4 T	step to right first x 4
45. rocking horse	uni bi/tri curls	1/2 T	step to rt travel right x 2
46. stiff h	uni x ski arms	1/2 T	step to right x 2
47. w ham j'om	uni br strk	1/2 T	x 8
48. n ham tk	uni hh	1/2 T	x 4
49. leap out	uni hi tzn	1/4 T	step to left first x 4
50. rocking horse	uni bi/tri curls	1/2 T	step to lt travel left x 2
51. stiff h	uni x ski arms	1/2 T	step to left x 2
52. w ham j'om	uni br strk	1/2 T	x 8
53. n ham tk	uni hh	1/2 T	x 4
54. w ham j'om	uni br strk	1/2 T	x 8
55. n ham tk	uni hh	T	x 8
56. w ham j'om	uni br strk	1/2 T	x 8
57. n ham tk	uni hh	T	x 8
58. n j'om	alt n fwd elb flxt	T	...



Cues (L, CH) Continue in a n j'om, take a drink. Get ready for the next work phase block III.

Stay tuned for Work phase block III in the next issue of Wavelink. Block III will focus on the "Marching" theme of the class and will use direction changes to challenge the mind, body and spirit.