1a) 1/2 tempo crossover jogormarch (x j’om) with front kayak arm: OTS (on the spot)
- 32 cts: familiarization: focus on body alignment, power posture (chin in, scapula set, hip-rib check and glut max squeeze)
- 32 cts: focus on external obliques: push down phase of kayak arms and hip flexion phase of x j’om
- 32 cts: focus on internal obliques: pull up phase of kayak arms and hip extension phase of x j’om (stomp action - keep knee soft on extension)
- 32 cts: ‘smooth the move’: focus on all phases of movement with same effort expended on each

Option: Try repeater crossover jogormarch for variety

1b) 1/2 tempo crossover quad kick (x qd k) with front or side kayak arm: OTS
- 32 cts: familiarization: maintain power posture, add quadricep focus to the ‘work of the body core’
- 32 cts: focus external obliques: push down phase of kayak arms and hip flexion + knee extension phase of x qd k
- 32 cts: ‘smooth the move’: focus on all phases of movement with same effort
- 32 cts: focus internal obliques: pull up phase of kayak arms (ADVANCED***)

Transition to (2): keep front kayak arms change the legs to narrow swivel (n sw)

2) 1/2 tempo narrow swivel with high bow n’ arrow arms: OTS
- 32 cts: familiarization: ‘get the move, feel it, do it’
- 16 cts: right leg crossed over left, squeeze hip adductors, keep abdominal focus
- 16 cts: left leg crossed over right, squeeze hip adductors, keep abdominal focus
- 32 cts: 1/2 t hamstring swivel with front kayak arms (preacher swivel)
- 32 cts: 1/2 t hip flexor swivel with front kayak arms (seated swivel - legs at 90°)

Option: Repeat with bow and arrow arms (high, medium and low ‘bow and arrow’ arm variations).

Do “uni push down to outside of hip with hip flexor swivel (hp fl sw legs).

Transition to (3): keep n sw change the arms to unison cross country ski arms (uni x ski arms)

3) 1/2 or 1/4 tempo narrow tuck with uni x ski arms: 32 cts: OTS
Transition to (4): keep uni x ski arms change the legs to tuck jack

4) 1/2 tempo tuck jack with chest hug n’ blade squeeze arms: OTS (start with blade squeeze on tuck and chest hug on jack)

To be continued in issue #37 - Master this part of the routine, then get ready to add 4 more moves.