

10 MANIA® Fitness Pro Conventions

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CALIFORNIA MANIA® March
FLORIDA MANIA® May
ATLANTA MANIA® July
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MIDWEST MANIA® October
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LIVE STREAM MANIA® April/June/Sept

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ABOUT THE CONVENTION

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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MORE IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE AEA NASM ACSM AEA NFPT

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jeff howard
SCW STAR PRESENTER

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AQUA BITS AND PIECES

by Melissa Layne

BITS AND PIECES OVERVIEW

- The creation of moderate intensity choreography utilizing two 16 or 32 count phrases for an original class with anaerobic drills inserted.
- Review of energy systems
- Things to remember:
 - Work in all three planes
 - Supply options
 - Lead leg and lever changes
 - Change directions/travel to avoid boredom
 - Utilize all four levels
 - Rebounding, grounded (anchored), neutral, suspended

Review of Energy Systems

- Correct the myths and misconceptions
 - One does not “turn off” to let another “turn on”
 - All work together with one being dominant
 - Unless anaerobic, all caloric macronutrients contribute to the formation of ATP
 - Acetyl CoA from carbs and acetyl CoA from fats both enter the Krebs cycle simultaneously
 - Carbs are not burnt before fat or vice-versa
 - A small amount of protein is oxidized in well-fed participants

Phosphagen System

- Otherwise known as ATP-PC
 - Anaerobic, immediate, utilizes creatine as substrate
 - Short intense work, 5-8 seconds
 - Ten out of ten RPE
 - Occurs in cytoplasm of cell
 - Uncomfortable
 - FT muscle fibers

Aerobic Metabolism

- Consists of aerobic glycolysis and aerobic lipolysis
- Lower RPE, longer duration type of exercise
- Occurs in mitochondria
- Slow twitch fibers contain more mitochondria
- Consists of beta-oxidation, Krebs cycle and electron transport chain
 - Beta-oxidation is the conversion of fatty acids to acetyl CoA
 - Krebs cycle is the formation of citric acid from acetyl CoA from both fats and carbs
 - ETC is where the majority of ATP is produced in aerobic metabolism

PLANES OF MOTION

- Sagittal
 - First plane that children move/neurons and synapses are created first in movement patterns
 - Progress to this plane after stationary warmup
- Frontal
 - Second plane that children move
- Transverse

Progression and Regression

OPTIONS

- Jumping jacks
 - Side jacks, crooked jacks, star jacks, double jacks
- Cross country
 - Triples with a tuck, power, with a beat, doubles
- Tucks
 - Tempo change, suspended, armless option
- Moguls
 - Add tucks, add direction. Suspended, frog style
- Rocking horse
 - Long lever, pull through, arm change
- Pendulum
 - Doubles, SSD, arm height

DIRECTION/TRAVEL

- Standing still is a decrease in intensity
 - Face each wall for a block
 - Travel forward and back
 - Travel forward and do a half turn and travel forward again
 - Travel right and left
 - Travel right and do a half turn and travel left
 - Travel on a diagonal
 - Travel in a circle
 - Make sure you go both ways
 - Turn in a circle
 - Make sure you go both ways
 - Travel in a square
 - Turn in a figure 8
 - Make sure you go both ways

“LEVELS”

- Rebounding
 - Pushing against the pool surface
- Neutral
 - No pushing against surface, shoulders even with water level
- Anchored (grounded)
 - One of both feet are always in contact with pool bottom
- Suspended
 - No touching any surface of the pool – limbs move to create turbulence to keep body afloat

Communication

- Set choreography patterns
- Cue move and directional changes
 - Visually and verbally
 - 4, 3, 2 - do
- Motivate during drill pieces
 - Tell what you do what achieved
 - Avoid negatives
 - Allow them to sit out a drill if needed
 - Set the goal with time
 - “for 64 counts, I want you to give me a 9 out of 10”

CROSS COUNTRY

- 8 cross country with 8 tuck jumps
- Add to combo number one
- Add a right and left travel
 - Cross country moves right to left in sagittal plane
 - Tuck jumps are stationary

ANAEROBIC DRILL BIT IS POWER CROSS COUNTRY (64 counts)

FAME.....

- Four jacks moving in the frontal plane
- Turn a quarter and run 8 to start
- Face front and four long lever kicks with V arms
- Add to Combo two of cross country
- ANAEROBIC DRILL BIT IS LONG LEVER KICKS WITH TWO TOUCHES (64 COUNTS)

JUMP AROUND

- 2 side neutral squats, run forward 8 and run backward 8, 4 jumps
- Make 4 jumps in a circle
- Add 4 sets of 3 cross country with a tuck jump
- ANAEROBIC DRILL BIT IS ELBOW TO KNEE LIFTS IN TRANSVERSE PLANE (64COUNTS)

POWERJACKS

- Run forward 8, two power jacks, run backward 8 and two power jacks
- Option to half turn second power jack and run forward
- ANAEROBIC DRILL BIT IS PENDULUM WITH HIP ROTATIONS AND BILATERAL CHEST PRESS

FLEXIBILITY SEGMENT

- Keep moving one body part while stretching another
- 3-5 minutes (depending on pool temp)
- Focus on
 - Hams and quads
 - Glutes and psoas group
 - Anterior and posterior delt
 - Calves and anterior tib
 - Pecs and lats/rhomboids