

SCW
MANIA®
 Fitness Pro Conventions




scwfit.com/MANIA

MANIA® Attendee Exclusive Content



Session & Cert Evaluations Outlines & Handouts MANIA® Schedule

Get Your CECs Short MANIA Survey Expo Coupons & Discounts

scwfit.com/attendee

#SCWMANIA
@SCWfitness



facebook.com/scwfitness
 twitter.com/scwfitness
 instagram.com/scwmania

20% OFF!
 \$6.58/ Month or \$79/year
 (Norm. \$8.25 month or \$99/year)
USE CODE: MANIA20

500+
 Educational Videos

70+
 Leading Presenters

20+
 Fitness & Health Topics Available

SCW On Demand

scwfit.com/OnDemand



SCW
CERTIFICATIONS
35+ NATIONALLY RECOGNIZED. ONLINE + LIVE.

FREE LIVE COURSE included with every Online Certification within 1 year

scwfit.com/certifications

- 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
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- T'AI CHI
- WATERMOTION®
- WEIGHT MANAGEMENT
- YOGA I & II



SCW AFAA ACE-AFTERSHIRT T-SPORTSWEAR AEA NFPT

CEC VIDEO
SCW FITNESS

ONLINE CEC VIDEOS
 Earn CECs in the comfort and convenience of your home!



140+ More Videos

scwfit.com/CECS



Choreography Transition Tactics

The way you transition your participants from one move to the next is just as important as the exercises themselves. Effective transitioning is a skill that requires thought, planning and practice. In this Choreography Transition Tactics session, we're sharing our five transition tactics to get you seamlessly moving from one piece of choreography to the next.

Five Choreography Transition Tactics Covered:

- Pull Apart/Piece Together
- Start Off Slow
- Use a Filler
- Sandwich Your Moves
- End Where You Want To Go

While we will discuss and showcase each tactic separately, they do not have to run independently of one another. For example, you could sandwich your moves and end where you want to go all in one series.

Seamless Transitions Will:

- Maintain an active body which naturally increases the intensity
- Keep class participants following along which provides for a better in class experience
- Eliminate the stop and go/choppiness of class which will elevate your instructor status

As with any new skill, a conscious effort and practice is key. In time it will become second nature, but it won't start off that way. Implement a transition tactic or two at a time; incorporating all 5 tactics in your next class could be overwhelming.



Tactic #1: Pull Apart/Piece Together

This tactic involves a progression of choreography: pull apart the series you're currently doing so you can piece together the next. It can be a challenge to change your arms, legs and torso all at once; so why do it! Swap out one body part/movement at a time to flow with ease from one choreography series to the next.

<u>Warm-Up Examples</u> Knee Lift to Straight Leg Kick	
<u>Upper Body Examples</u> Shoulder Raise to Tricep Kick Back	
<u>Abdominal Examples</u> Seated Round Back to Supine	



Tactic #2: Start Off Slow

There are times we would like to progress and transition to a more detailed choreography heavy series. Transitioning on tempo or at your ultimate desired pace would either require you to do the “stop and watch me” approach or cause mass class chaos for the first few 8 counts as people figure out what’s going on. If you start off slow, you’ll avoid both unwanted results.

When we start off slow we can pack more words into one movement which gives us more time to cue the position of the body, the action, and what will come next. You can fit more descriptive language in 4 counts than you can in 2 counts. Once we take the class through the moves slow, typically 2-3 times through, they have an opportunity to feel it in their body, memorize the choreography and are prepared to pick up the pace.

<u>Glute Examples</u> Lunge to Kneeling Leg Lift Combo	
<u>Thigh Examples</u> Wide V/Lunge/Chair Combo	



Tactic #3: Use a Filler

Fillers buy us a bit of time to explain and even demonstrate what's coming next while keeping the body active. Fillers are typically a hold, a pulse or a stretch and last about 4 eight counts or less.

A filler is not instrumental to the class choreography, as in, it has no great impact on the muscles being worked nor does it truly impact your overall class time. Fillers are however crucial if you you're looking for smooth flow.

<u>Upper Body Examples</u> Tricep Kick Back to Tricep Overhead Extension	
<u>Thigh Examples</u> Wide V Knee Bend to Wide V/Curtsy combo	
<u>Glute Examples</u> Seated Pretzel on one leg to Seated Pretzel on the other leg	



Tactic #4: Sandwich Your Moves

When we sandwich our moves, we place an entire choreography series in between two other identical series. Think two slices of bread with the good stuff in the middle. This tactic is best used when we need to get from one side to the next in our choreography but want to do so without literally stopping and switching sides.

Unlike our Filler tactic, Sandwiching is longer than 4 eight counts: more along the lines of 2-5 minutes. It is significant choreography and without it, class would be short on time or missing working a muscle group adequately.

<u>Plank Examples</u> Side Plank to center Plank to side Plank	
<u>Abdominal Examples</u> Side Lying crunch series to Round Back series to Side Lying other direction	
<u>Glute Examples</u> Side Leg Lift series to Fold Over Flat Back series to Side Leg Lift series other direction	



Tactic #5: End Where You Want To Go

When change of direction is your goal, up to down or right to left, this tactic is for you. The *end* of one series becomes the *beginning* of the next series.

End Where You Want To Go is a tactic that will help avoid the standing, kneeling, back to standing and then to kneeling flow to your class.

<u>Upper Body Exercises</u> Tricep Straight Arm Lifts to Seated Tricep Dips	
<u>Thigh Exercises</u> Wide V to alternating Open V to Wide V other side	
<u>Plank/Upper Body Exercises</u> Pike Plank series to standing Bicep series	