

10 MANIA® Fitness Pro Conventions

DC MANIA® February
CALIFORNIA MANIA® March
FLORIDA MANIA® May
ATLANTA MANIA® July
DALLAS MANIA® August
MIDWEST MANIA® October
BOSTON MANIA® December
LIVE STREAM MANIA® April/June/Sept

SCW MANIA
ABOUT THE CONVENTION

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LIVE STREAM CERTIFICATIONS

35+ NATIONALLY
RECOGNIZED CERTIFICATIONS
FROM THE COMFORT &
CONVENIENCE OF HOME.

www.scwfit.com/Online

- 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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20% OFF!

\$6.58/Month or
\$79/year
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

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20+ Fitness & Health Topics Available

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SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters.

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ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

Online CEC Videos

Earn CECs at Home.

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos (filmed live at conventions), power point presentations, exams and downloadable certificates of completion.

www.scwfit.com/CECs

140+ More Videos

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Virtual Training Certification

Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level.

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- Lights
- Camera
- Action

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We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.

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jeff howard
SCW STAR PRESENTER

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Barre Fight

What is Barre Fight?

- ▶ **Barre Fight** is an innovative blend of both ballet inspired barre moves with the power and energy of kickboxing sequences that will keep you pumped as you power your way through kicks, punches and plie's! The ballet movements will lengthen and strengthen the hips, back, glutes and core and the kickboxing combinations will get your heart rate pumping and leave you feeling strong, powerful and ready to take on the world. The combination of these two highly effective methods is addictive and will keep you wanting more! **No ballet or boxing experience required**

- ▶ **Principles of Barre Fight**
 - ▶ **Variety -**
 - ▶ **Validity**
 - ▶ **Strengthen Hips**
 - ▶ **Strengthen Back**
 - ▶ **Active Flexibility / Active Lengthening**

Variety

This is all over body type of workout combines cardiovascular elements along with muscular endurance elements with a variety of movement which will allow members to do this type of workout safely and effectively everyday!

Validity

Movement is Medicine!! Movement Heals!! Latest research says for people to see significant change they must move at least 300 minutes per week.

Many Benefits to Movement: Lowers blood pressure, controls sugar, helps control weight, good for the heart, lowers cholesterol, relieves pain, improves sex, reduces falls, improves memory, enhances your immune. System, improves bone strength and so much more!

Include Some Ballet Terminology / Lingo

Strengthen Hips

Hips are major weight-bearing joint in the body, responsible for many activities, help maintain mobility, reduce or even eliminate hip pain from everyday activities, avoid future surgery/ injury, interconnection of muscles.

Strengthen your back

Your spine is the ONLY spine you have. There is no spinal replacement surgery. What shape is your spine? Exercise to reflect the shape you want your spine to be in

Active Flexibility

Increases flexibility through movement. Decreases risk of injury, relieves back pain, boosts athletic performance, improves range of motion, improves body awareness, maintain healthy joints.

Cueing at the Barre

Cue Outside & Inside vs. right & left, front of room, back of room, facing barre, move away from barre, toward barre, proper spinal alignment/hip position, proper Knee position (can you see shoe laces), Fitness 2nd position vs. Ballet 2nd position.

FULL CHOREOGRAPHY NOTES and PLAYLIST will be handed out in Class xoxo

Warm-Up

Wide 2nd Position Plie, Arm Reaches

Step Touch Double Knee Open Hips

Stomps, Inhale Forward Fold, Exhale Roll up to Stand OR Option to Plank

Introduce 2nd to 3rd, Passe, Change Sides. Build to Face Back of Room

Tendue's, 2nd-3rd, Ron de Jombe

Include All Boxing Elements the Members will see later in Class

Upper Body Combo

Dig, Hook, Inside Knee, Outside Side Kick 2nd to 3rd, Passe' and change sides

Lower Body with Gliding Discs, Active Lengthening, Short Cardio Tendue sides 4 x's, Slide out to 2nd and in to 3rd, Ron de Jaum Glide / Lunge Straight Back, transition toward Barre

Flat Back Extend Leg Behind Face Back toward Barre, Front Kicks Jabs: single single double. touch ground, jump up

REPEAT Sequence on the Other Side

Upper Body Combo with Weights

Dig, Hook, Inside Knee, Outside Side Kick 2nd to 3rd, Passe' and change sides

Cardio Combo with Lower Body – Hips Double Jab, Retreat Jab, Cross

Speed Bag, Tai-Chi

Slow Side Kicks

Change to Other Side

Stay on One Side, Keep Leg extended and drive knee to chest, extend leg Go Back to Cardio Combo

Upper Body Combo with Weights

Dig, Hook, Knee, Side Kick

2nd to 3rd, Passe' and change sides

Cardio Combo with Lower Body – Hips Double Jab, Retreat Jab, Cross

Speed Bag, Tai-Chi

Slow Side Kicks

Change to Other Side

Stay on One Side, Keep Leg extended and drive knee to chest, extend leg Go Back to Cardio Combo

Full-Body: Hips, Glutes, Active Lengthening, Upper Body Ball Between Knees – Hips side to side with arms,

Ball behind outside Knee. Passe' front, side, Attitude. Attitude to Coupe', Pulse at Attitude.

No Ball – Use Handweights:

Battement front, Extend Back, 2nd to 3rd, Passe' Change sides

Cool Down Partner Combo:

Both arms, Punch Up 2 x's, Down 2 x's, Right arm 2 x's, Left arm 2 x's "Give it / Take it" Right arm slap 4 x's, Head 4 x's

Floor Work

Bands, Balls & Abs

Inner Thigh's Back

Bands, Balls & Abs Inner Thigh's Back