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Session Title: LaBlast®: Ballroom Fitness Using PATTERNography

Presented By: Louis van Amstel, Creator, LaBlast® Fitness

The LaBlast® Format

LaBlast® is ballroom dancing, partner-free, based on interchangeable patterns and combining a blend of cardio and strength training.

The LaBlast® Formula

- LaBlast® is based on what we call PATTERN-ography.
 - Patterns that are authentic to each style of ballroom dance.
 - No need to memorize a class worth of choreography – and then continuing to memorize additional choreography to keep your classes fresh
- The patterns can be used interchangeably, and paired with different music all the time
 - Your members are getting a unique experience from class to class!
 - Participants will recognize the patterns but appreciate the change in music and variation of the patterns.
 - You will be able to plug and play patterns virtually on the spot, drastically cutting down your preparation time!

The LaBlast® Philosophy

- Physical, Mental and Emotional involvement in each of the dances = greater energy expenditure (i.e. calories burned)
- Full body movements incorporating higher and lower *intensity*, plyometrics (for those craving a higher *impact* workout), *weight training*, and *stretching*
 - Increase *intensity* by fully committing to each movement with full extension range of motion – Can be done with any of the dances – pay close attention to the *stretch* in the Paso Doble (sur place)
 - Add *plyometrics* in faster dances like Lindy Hop and Jive
 - Utilize dumbbells in slower dances like Waltz, Rumba, Foxtrot, to add the element of *weight training*

WHAT IS PATTERNOGRAPHY?

- Choose 2-4 patterns from the LaBlast® library to use in each dance.
- Repeat pattern 4 times before moving to next pattern (or 8 times, or 16 times...but stay consistent pattern to pattern).
- Participants create brain muscle memory quicker – they'll expect a certain number of reps.
- This aids in their ability to master patterns and let whole body get involved physically, mentally and emotionally.
- Combine dances within a song by choosing patterns from 2 or more dances. E.g. Disco + Hustle, Salsa + Mambo

For more information on becoming a LaBlast® instructor, visit our website: www.lablastfitness.com, or email us at info@lablastfitness.com.

Thank you for attending our workshop!