

SCW
MANIA[®]
Fitness Pro Conventions



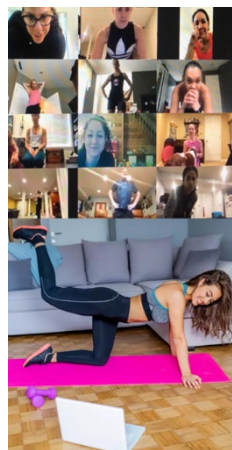
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- FUNCTIONAL PILATES
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- WATERMOTIONS
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- YOGA I & II

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CERTIFICATIONS
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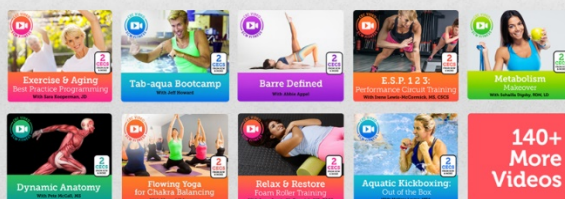
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Platinum Silver Tsunami

Everybody in the Pool!
(Inclusive Cuing)

Created by Connie Warasila



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water@scwfit.com
847-562-4020

Inclusive Cueing

- Create an Inclusive environment
- Serve all people
- Warm, sincere and caring instructors
- Empower all exercisers to reach unique goals



Definition

- Inclusive cueing
- Instruction delivered during exercise that offers options for individuals with varying levels of ability, fitness, interests and lifestyles.



10 Tips: #1

- Make no assumptions
- A visual assessment is limited
- Physical attributes: not indicative of fitness
- Suspend judgement



10 Tips: #2

- Be prepared early
- Talk to clients
- Be accessible



10 Tips: #3

- Welcome everyone equally
- Avoid judgements
- Respect everyone
- Eye contact and introduce yourself
- Connect new/veteran students



10 Tips: #4

- Class introduction
- Duration, movement style, format, equipment
- Any info that might affect movement
- End class with Q&A and Thanks



10 Tips: #5

- Offer variations
- Progressions/Regressions
- Even if you're not sure they are needed



10 Tips: #6

- Give permission to personalize
- Educate
- Empower





10 Tips: #7

- Use a variety of cueing techniques
- Visual/Verbal/Kindesthetic
- 3Ms
- Cue early
- Preview complex movement

10 Tips: #8

- Enthusiastically deliver cues about:
 - Body's function
 - Strength
 - Flexibility



10 Tips: #9

- Emphasize the joy of movement:
 - Avoid focusing on weight loss, appearance
 - Focus on function and skill building



10 Tips: #10

- Be flexible and smile
 - Someone might need plan B
 - Or their own thing

~~PLAN A~~
PLAN B



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Platinum 20

Quick Choreo reference

1	Warm-Up	The Boss
I	Jog	
V	JOG, WIDE JOG	
	Jog x4, Wide Jog x4, In step x4, Run x8	
C	KARATE KICK SIDE: ALT Karate kick SSD (Arms: squeeze fist)	
B	RUN HEEL - Run heel x8, Wide jog heel x4 (Arms: fist count "1, 2, 3, 4" with fingers)	
F	Step Wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

2	Linear	Living For The City
I	Kick F	
V	SWING LEG KICK: ALT Leg swings F/B x2	
B	JACK & TUCK TRAVEL	
	JJ/Tuck Jump TVL F, JJ/Tuck Jump TVL B	
C	RUN DIAGONAL - Run TVL DIAG R x8, Run B x8	
	Run TVL DIAG L, Run B x8	
F	Step wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

3	Balance	Play That Funky Music
I	Jog	
V	KARATE KICKS SIDE & BACK	
	Karate kick side R x4, ALT Karate kick B	
C	DOUBLE ROCKING HORSE	
	ALT Rocking horse x2, knee swings F	
B	LEAP & FAST KACKS - Leap R TVL R x3, Fast JJ x2, Leap L TVL L x3, Fast JJ x2	
F	Step Wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

4	Group	I Feel The Earth Move
I	Jog into a circle formation	
V	JOG SINGLE SINGLE DOUBLE	
	Jog SSD TVL R (counterclockwise)	
C	RUN & FAST JACK: Face L, Run TVL F x8	
	(clockwise), Fast JJ in place x2	
B	KICK BACK & REACH: ALT kick B, ALT DBL kick B	
F	Step Wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

5	Anchored	Walking In Memphis
I	Neutral Position	
V	STOMP & PUNCH - Stomp R out/in x2, Punch out/cross/out/clasp, Stomp L out/in x2, Punch...	
C	POWER CROSS COUNTRY	
	DBL CC Ski to explain the drill	
B	CROSS COUNTRY SKI - NEUROPLASTICITY**	
	Association Memphis: People, City, Food	
F	Wide Stance	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

6	Toning	I Can't Get No (Satisfaction)
I	Stand tall, prepare to begin, barre inspired	
V	HIP & LEG WORK	
	Knee flex R, ABD/ADD x2, Kick F, Curl B	
C	STANDING CHEST FLY	
	Lunge stance (Arms: 1 F/ 1 B chest fly)	
B	SHOULDER FRONT RAISE & BACK STROKE	
	Lunge (Arms: ALT deltoid raise/back stroke)	
F	Wide stance	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

7	Core	Suspicious Minds
I	Getting into position, noodle behind torso	
V	DIAMOND SIDE CURL	
	Diamond legs lean to R x4, EXT/Bend x6	
C	V TUCK	
	V/tuck/V/ALT cross touch	
B	HIP TWIST	
	Feet together, Long extended legs, ALT twist	
F	Lay Back	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

8	Flexibility	Just My Imagination
I	Shoulder & Hip Rolls	
V	TRIANGLE & PYRAMID RIGHT - Standing prep (1-4), Triangle pose (5-8), Pyramid R, arms reach, Warrior III (1-4), dancer pose(5-8), Fig 4 stretch.	
B	TRIANGLE & PYRAMID LEFT - Standing prep (1-4), Triangle pose (5-8), Pyramid R, arms reach, Warrior III (1-4), dancer pose(5-8), Fig 4 stretch.	
C	OVERHEAD REACH & TWIST	
	Reach overhead, sink the Chi, Reach over, torso laterally flex, sweep F	
F	Wide stance with Open Arms	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

9	Bonus: Flotation	You Keep Me Hanging' On
I	JJ	
V	JACK & FAST JACKS - JJ x1, Fast JJ x2	
	(Arms: Push F/pull in, push down x2)	
C	DIVE FRONT	
	Dive F Flutter kick, Kick TVL B	
B	LEAP & PRESS - Side Leap (Hop on "8")	
	(Arms: noodle press)	
F	Wide Stance, arms push F	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

10	Bonus: Deep	Corazon Espinado
I	Get into position, Straddle noodle	
V	TWISTED CHAIR BREASTSTROKE - Seated twist hold R(1-6), Fast twist x3 & hold	
	(Arms: breaststroke x3 TVL F, ALT OPP sweep)	
C	BICYCLE CIRCLE - ALT hamstring curl, circle R, JJ out/cross in place, Repeat L	
B	BIG BICYCLE	
	Seated hamstring curl TVL F	
	Reverse bicycle TVL B	
F	Knee Tuck	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

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F	Step wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

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THANK YOU FOR COMING!

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