

# BODYVIVE VITALS

## TRACK 1:

### STEP TOUCH

#### TECHNIQUE

- Step to the side, foot taps in beside supporting foot, knee bent
- Heels lift as you step, legs are straight then bend as you tap
- **Abs braced**
- **Chest lifted, shoulders away from ears**
- **Single arm reach up and back to thigh**

### TAP/KNEE REPEATER

#### TECHNIQUE

- Step forward, tap toes in by heel
- **Supporting knee above and aligned over middle toe**
- **Weight in the front leg – heel grounded**
- **Long back leg – rear heel lifted**
- Lift opposite knee, toes touch standing knee in Knee Repeater
- Running Arms – hands relaxed



### STEP KNEE, STEP BACK

#### TECHNIQUE

- Feet hip-distance apart
- Step forward, lift opposite knee, step back, tap back
- **Hips square to the front, abs braced, chest lifted**
- Leading foot to supporting knee
- Standing leg straight
- Running arms – hands released



### 2-STEPS SIDE

#### TECHNIQUE

- 2 steps to the side, bring feet together
- Knees turned out slightly
- Butt back and down as you step
- Arms forward and back at shoulder height
- **Abs braced, hips square to front**

### HAMSTRING CURL

#### TECHNIQUE

- Feet just outside hip-width
- Knees above and aligned over middle toes in Squat (not too deeply)
- Heel curls to butt – standing knee soft
- Other knee points to floor
- **Abs braced**
- **Hips level and square to the front**
- Arms forward and back at shoulder height or in a high 'V'

## TRACK 2:

### 2-STEPS SIDE

#### TECHNIQUE

- 2 steps to the side, bring feet together
- Knees turned out slightly
- Butt back and down as you step
- Arms forward and back at shoulder height
- **Abs braced, hips square to front**

## TRACK 3:

### 3-STEP RUN

#### TECHNIQUE

- 3 Runs to side (step feet together)
- Hold with knee lifted, toes by supporting calf, supporting knee aligned with middle of foot
- Keep knees soft
- **Abs braced, hips square to front, chest lifted**
- Running Arms
- Repeat other side
- ↳ **OPTION:** Walk to the side

### ROCK STAR

#### TECHNIQUE

- Feet together, knees bent, hands on thighs
- **Knee aligned with middle toes**
- Step out, out, in, in
- Weight on the balls of your feet, legs straight
- Arms up in a high 'V'
- Return to start

### EASY WALK

#### TECHNIQUE

- Feet hip-width apart
- Knee aligned over middle toes as you step
- Step/Run forward, forward, back, back
- Heel first on forward step, **abs braced, hips square to front, chest lifted**
- Running Arms – hands relaxed
- Knees soft

### LADDER STEP

#### TECHNIQUE

- Step out, out, feet outside hip-width
- Step in, in, under hips
- Knees bent butt back and down
- **Abs braced, chest lifted**
- Running Arms or arms bent, fists together

### DOUBLE JUMP FORWARD & BACK

#### TECHNIQUE

- Feet hip-width apart
- **Keep knees soft**
- **Brace abs, hips square, chest lifted**
- Jump forward and back
- Butt back and down as you jump forward, knees track over middle toes
- Arms straight, forward at shoulder height then back to hips

### JUMPING JACK

#### TECHNIQUE

- Start feet together, arms by sides
- Jump feet wider than shoulders
- **Heels down, knees and toes turned out, chest lifted**
- Knees soft on landing, arms wide to side at shoulder height
- Jump back to start position, hands return to start

## TRACK 4:

### 3-STEP RUN

#### TECHNIQUE

- 3 Runs to side (cross foot in front)
- Hold with knee lifted, toes by supporting calf, or on floor, supporting knee aligned with middle of foot
- Keep knees soft and tracking middle toes
- **Abs braced, hips square to front, chest lifted**
- Body hinged forward from hips
- Running Arms
- Repeat other side
- ↳ **OPTION:** Walk to the side

### STEP/CALF RAISE/JUMP

#### TECHNIQUE

- Long step forward
- **Feet shoulder-width apart, toes turned out slightly**
- **Knees out and tracking forward over middle toes**
- **Butt above knees as you step**
- Straighten legs, lift heels
- Arms reach over head and pull in to waist
- ↳ **OPTION:** Jump instead of Calf Raise



### BURPEE

#### TECHNIQUE

- Feet shoulder-width apart, toes turned out slightly
- **Knees out and tracking over middle toes**
- **Butt above knees as you squat**
- Arms straight, forward at shoulder height, hands together

#### Plank

- Hands to floor under shoulders, arms straight
- Jump feet back to Plank
- **Feet together, legs straight**
- **Hips shoulder height or slightly lower**
- **Abs braced, neck long**
- Return same way
- Jump feet together, hands by sides



# BODYVIVE VITALS

## TRACK 5:

### STEP KNEE, STEP BACK

#### TECHNIQUE

- Feet hip-distance apart
- Step forward, lift opposite knee, step back, tap back
- **Hips square to the front, abs braced, chest lifted**
- Leading foot to supporting knee
- Standing leg straight
- Running arms – hands released



### KNEE REPEATER

#### TECHNIQUE

- Step forward, tap behind, lift knee
- Supporting knee above and aligned over middle toes
- Weight in the front leg – heel grounded
- Long back leg – heel lifted
- Lift leading foot to supporting knee
- Arms reach over head or forward of shoulder, and pull in to waist



### DOUBLE PULSE SINGLE-LEG SQUAT

#### TECHNIQUE

- Feet under hips, weight on one leg
- **Standing knee bends, knee tracking over middle toe**
- Other leg is straight and taps behind 2 times as you squat pulse
- Body hinged forward from hips so nose is forward of toes
- **Hips square to front, chest lifted**
- Back leg drives forward and up to hip height, toes point towards floor
- Standing leg straightens, heel lifts in Calf Raise, or jump
- Body upright, hips square, chest lifted, running arms, abs braced
- Return to tap behind

### SQUAT KNEE

#### TECHNIQUE

- Step wide to right side, butt back and down
- **Knees bent, in line with middle toes**
- Lift left knee to hip height, toes touching standing knee
- Straighten standing leg
- Hips square to front, chest lifted
- Running Arms

## TRACK 6:

### WOODCHOP SERIES

#### TECHNIQUE

- Band under left foot, step wide, toes turned out slightly
- Hold the cloth side of both handles, **arms straight**
- Hands to left knee, left knee bent
- **Brace abs to keep hips square to the front as you lunge from side to side**
- Return hands to left knee

### SQUAT WITH FRONT RAISE AND REVERSE FLY

#### TECHNIQUE

- Palms forward, lifting handles forward and up
- Feet under hips or slightly wider
- Knees track over middle toes, butt back and down
- **Arms straight, wrists in line with forearms**
- **Abs braced, chest lifted, shoulders away from ears**

#### Reverse Fly

- Arms open wide to side as legs straighten
- **Abs braced to maintain neutral spine**
- Return same way

## TRACK 8:

### HOVER

#### TECHNIQUE

- Elbows under than shoulders, fists together
  - Feet hip distance apart
  - Hips shoulder height
  - **Abs braced**
  - **Back long and straight**
- ⇓ **OPTION:** Knees on floor, hip-distance apart



# BODYVIVE VITALS

## TRACK 9:

### HIP STRETCH



### DOWN DOG

#### TECHNIQUE

- Feet hip-width apart, knees bent as needed, weight on the balls of the feet
- Hands shoulder-width apart
- Hips to the ceiling
- Heels lifted first, then lower to the floor
- **Abs braced, shoulders away from ears**



## BONUS 1:

### BICEP CURL

#### TECHNIQUE

- Both feet on band, hip-width apart
- Knees soft
- **Chest up**
- Bend at elbows, fists travel up towards shoulder
- Elbows point to the floor and stay in line with torso throughout the Curl
- Palms face upward, wrists strong
- Smooth, controlled Curl
- Release all the way to thighs

