

"If you reach for the stars, all you get are the stars, but I've got a whole new spin: if you reach for the heavens, you get the stars thrown in!"

# 20!~20!~20!

## The Complete Workout for Desperate House-Lives!

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### I. INTRODUCTIONS

1. Nāmaste! (*"My inner peace meets, greets, and salutes your inner light"*)
2. Gratitude
3. findlawrence.com, biscontini@aol.com, L's Background
4. Our Purpose Today: creating a fusion program to....
5. Resources and Gum:
6. Theme:

### II. THEORY

1. Trends in Group Fitness
2. Trends in PT
3. Strengths of Shorter Sessions:
  - a. *.greater retention*
  - b. *.rapidly changing stimuli*
  - c. *.less fear of commitment to greater amount of time*
  - d. *.ease of choreography and complexity*
  - e. .
4. Intensity Considerations:
  - a. *simple*
  - b. *lack of complicated equipment*
  - c. *ease of transitioning*
5. Anatomy of Shorter Sessions:
  - a. *systemic, full-body warm-up 3-5 minutes*
  - b. *principle of specificity*
  - c. *planned flow*
  - d. *end is a 'transition'*
6. Programming Possibilities:
  - a. 20/20/20 where each 20 is:
  - b. 15/15/15
  - c. 15/15
  - d. Other:
7. Music:
  - a. *Chapters*
  - b. *Plan to save time*
  - c. *Themes*
  - d. *Instrumental for Strength; Lyrics for dance*



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*If I can be of assistance to you in fitness in any way please contact me. Nāmaste!*

### III. PRACTICAL

#### CARDIO

Intensity:

Inspiration:

Equipment:

Transitions:

#### STRENGTH

Intensity:

Inspiration:

Equipment:

Transitions:

#### FLEXIBILITY

Intensity:

Inspiration:

Equipment:

Transitions:

#### Choreography Ideas:

- Moving hamstrings "slow and fast"
- Diagonal Running Leaps and Skis
- Jump rope
- Starbursts
- Knee balances & touchdown to floor
- Basket lateral shuffles

#### Choreography Ideas:

- Tempo lunges
- Rotation pushups
- Abduction Bridges
- Rotation Side Planks
- “Drive the Car” Abs
- Quadruped Extension w/external rotation

#### Choreography Ideas:

- Sink the Chi
- Support Heaven
- Rooster Kicks
- Standing Moon w/ Warrior #1
- Active Hamstring Flexibility
- Snake Creeps through the grass for adductors

Notes:

Notes:

Notes:

Summary:

Resources:

Home-Work:

Final Take-Home Messages:

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