

National Health & Fitness Day (NHFD) Task Force Sub-Committee

2 Class Formats for February 1-7, 2021

Prepared By: Maureen Hagan, Sarah Langford, and Emily Dobrich

Date: January 6, 2020

1. Technology Specifications/Requirements

- a) **Most basic** – whistle, timer app, no music (HIIT Class/Training Class)
- b) **Bare minimum** – speaker to plug into electrical outlet (from house), use phone or another device for music, no microphone required (HIIT Class/Training Class and Classic Group Fitness Class)
- c) **More advanced** – sound system with blue tooth microphone(s) and speaker, place on host's front step or somewhere to protect system (while staying within wireless network range) (HIIT Class/Training Class, and Classic Group Fitness)

2. Spatial Design Options (all options should ensure spatial distancing according to Public Health Guidelines)

- a) **Theatre Style** – Instructor teaches from sidewalk or driveway while facing the street and participants are spread out to the right, center and left of the instructor while standing on their own driveway, sidewalk or street. Movement may/may not have to be mirror taught (the instructors left lead will be the participant's right lead).
- b) **Traditional Style** – Instructor leads from the front and participants face the instructor. Most common format. Movement is ideally taught mirrored – (the instructors left lead will be the participant's right lead).

3. Basic Format for Classic Group Fitness Class

- a) **Warm-up** – to mimic upcoming moves, prepare body and mind for workout ahead, increase body temperature, heart rate and breathing.

Basic moves, keep it simple, low impact and moderate in intensity

Moves include (but not limited to):

- Marching: on-the-spot, wide and narrow (aka Easy Walk), wide
- Box Step: forward and back same lead leg
- Step Touch: step side-side, side-side with low heel press or low kick corner to corner
- Squats: *makes easy transition to the new lead leg, repeat moves from first side)
- Include dynamic stretching: dynamic forward lunges (calf stretch), dynamic side-side lunges (inner thigh stretch), spinal roll ups (spinal stretch), dynamic arm circles/swings (chest & shoulder stretch)

b) **Cardio 1** – to further increase the heart rate, start to intensify moves and blend in more choreography but KISS (Keep It Simple, Succeed) approach:

“Add-On” approach provides an effective KISS approach (Teach 1 move, add 2nd move, repeat move 1 & 2, add move 3. Repeat move 1,2 & 3, add move 4 (transition move that allows you to change to other leg. Repeat sequence 1-4 on 2nd leg)

Sample Add-On Sequence:

- 1.Box Step R lead 8x
2. Easy Walk R lead 8x
3. Repeat 1 & 2, add 3.
4. Step Touch R/L 8x, progress to Leg Curl R/L 8x
5. Repeat 1, 2 & 3, add 4. *Transition to other leg
6. Step R, Tap side Repeater L 16x

c) **Cardio 2** – build intensity; progress to Aerobic PEAK

Sample Aerobic Peak: Using Linear approach (one move to the next move to the next move and layer in intensity (building on one move) eg. Basic squat, blend in over head press with the squat and blend in pulsing squats.

1. Intentional Step R lead 8x
2. Step Touch R/L lead 8x
3. Step Alternate Knee Lift R/L 8x (alternate opposite elbow to knee)
5. Box Step R lead 8x, Pulse Squats centre 16x, box step L lead 8x, Pulse Squats centre 16x
6. Final (Peak Move) = Jump Squats forward and backward! (Are we asking participants to jump both forward and back or forward and step back?)
(Repeat entire sequence from the transition to the L lead)

d) **Cardio 3** - Aerobic Recovery & Transition to Muscle Endurance: gradually decrease intensity of cardio and move into cardio cooldown

Sample Sequence: Linear Approach - 1 move to the next move to the next move and repeat all 5 moves on the new lead leg

1. Alternating Hamstring Curls R lead 8x
 2. Double Hamstring Curls R lead 8x
 3. Double Step Touch R lead 2x, Double step touch L lead 2x, 8x through
 4. Alternating Squat R lead 8x
 5. Alternating Side Lunge R lead 7x to switch to L lead from the top
- The last move serves as a smooth transition into muscle conditioning.

e) **Muscle 1** – Lower and upper body resistance training

Linear Approach - 1 move to the next move to the next move and repeat all 5 moves on the new lead leg

Sample Sequence:

1. Alternate Back-Stepping Lunges - R lead stable and L lead moving backward
 2. Single Side Back Stepping Lunge L 8x
 3. Bottom ½ (pulse) Lunge, L 16x with pulsing lateral arms
- Repeat entire sequence with L lead stable and R lead moving backward

f) **Muscle 2** – continue with resistance training and move into core work: all done from a standing position

Sample Sequence:

1. Isometric Sumo Squat with Heel Raise- Hold sumo squat position and layer in alternating heel raises 16x
 2. Sumo Squat with Heel Raise - Squat down, lift heels, rise up and set heels down 8x
 3. Sumo Squat with Side Bender - Hold sumo squat and add core work by taking hands to temples and alternate same elbow down to same thigh (focus on strong core to protect back)
 4. Squats - Finish with recovery Side Bender with gentle squats up and down 8x
- No need to start again as all moves were alternated to create a balanced workout for legs and core.

g) **Recovery/Stretch**- Dynamic & Static Stretches

Sample Stretch Sequence: focus on muscle groups targeted during the class. Moves include but are not limited to:

1. Side to Side Dynamic Lunges moving into static stretches.
 2. Hold R side for 20-30 seconds (static stretches)
 3. Hold L side for 20-30 seconds
 4. Spinal Roll Ups and hold a Cat Stretch for upper and lower back
 5. Bilateral Hamstring Stretch Press into a flat back pointing tail bone to the sky
 6. Heel Press in front for a Hamstring Stretch
- Switch to other L

7. Quad Stretch with option to lift back foot into hand to the glutes OR hold foot down a pull hips forward
8. Gently pull hands behind to low back for a Chest Stretch
9. Clasp hands and press arms in front of chest for Upper Back Stretch
10. Breaths in and out, side stretches with arm reaching over and across body

4. Movement Library for Classic Group Fitness Style Class:

10 BASIC CARDIO MOVES

3 levels for all exercises/moves – the Feature Move, Modification (less intense), Progression (more intense)

(1) Feature Move: **Wide/Narrow March** - with deeper movement and increased ROM

Modification: basic march

Progression: syncopated rhythm (jump) into wide or jump squat into wide step

(2) Feature Move: **Step Touch** - while sinking deeper and lift (down/up)

Modification: basic step touch and smaller step out

Progression: corner to corner with power lift (clap hands and move forward and back)

(3) Feature Move: **Double Step Touch** - right and left, sinking into a squat and lift (down/up)

Modification: 2 step touches right and left without squat

Progression: double step touch with plyo lift in centre or shuffles right and left

(4) Feature Move: **Intentional Step** - step forward and backward on same lead leg sinking lower on each lunge

Modification: step forward and back without the deeper lunge or add a step in centre to decrease the pace

Progression: blend in a jump forward and backward (1 and 2) (same with the other lead)

(5) Feature Move: **3 Marches and 1 Tap** moving forward and back – lead leg changes each time, insert a knee lift in place of the tap 3

Modification: 3 marches with 1 tap on the spot

Progression: 3 marches with 1 knee lift while moving forward and back, to intensify further, replace knee lift with a plyo knee lift with high punching arms

(6) Feature Move: **Tap Out To The Side**, right and left - reach across with arms up high

Modification: tap right and left with low arms and a smaller step to each side

Progression: jumping jack with low or high arms

(7) Feature Move: **Repeater Taps to Side** with each leg 8-16 times right and left

Modification: alternating tap sides right and left, arms sweep out to side no higher than shoulder
Progression: repeater taps of 16 times with a deeper squat (more intense)

(8) Feature Move: **Alternating Taps Behind** right and left, add in a double tap on each leg with shoulder press arms

Modification: alternating taps behind with reaching arms in front of shoulder

Progression: double taps each leg with a plyo jump in the 2nd tap to change lead and add strong punching arms overhead

(9) Feature Move: **Step Alternate Knee Lift** with opposite hand tapping knee

Modification: alternating toe taps in front with bicep curls

Progression: squat with alternating knee lift and blend in a plyo jump on knee lift

(10) Feature Move: **March On The Spot** with exaggerated arm and leg movements

Modification: march on spot with less intense arm and leg movements

Progression: running on spot and options to increase pace to sprinting or get low for fast feet (more intense)

5 LOWER BODY MUSCLE MOVES

(1) Feature: **Basic Squat**, use full ROM

Modification: ½ range squat (less ROM)

Progression— pulsing squat in the bottom half or squat jump (low to high)

(2) Feature: **Alternating Backwards-Stepping Lunges**, with strong ROM

Modification: alternating taps back staying taller

Progression: repeat 8-16 lunges on the same lead with deeper ROM and add a knee lift for more intensity and core work

(3) Feature: **Alternate Single Leg Lift** - abduct right and left leg

Modification: alternating single taps to each side

Progression: 8-16 reps of abducting each side with squats in between each leg lift

(4) Feature: **Alternating Knee Lifts**, lift knee up in front with strong ROM

Modification: alternating knee lifts with less ROM

Progression: knee lifts with leg extension x 8 repetitions on each side

(5) Feature: **Sumo Squats**, incorporate calf raise at top

Modification: sumo squat with less ROM and without calf raise

Progression: deep sumo squat with pulsing options x 8 with hold at bottom adding pulsing calf raises x 8

5 UPPER BODY/CORE MUSCLE MOVES

(1) Feature: **Side Bender**, with deep sumo squat position bring same elbow to same side thigh without the middle pause, go side to side

Modification:- semi squat position with hands at temples and reach elbow to thigh with a pause in centre (R-L)

Progression- deep sumo squat bringing elbow 2x right side and 2x left side, option to replace 2nd elbow with a reach down toward ground (more intense)

(2) Feature: **Dead Lift**, reach hands toward knees or lower/hinge from hip and lift back up squeezing glutes

Modification: dead lift reaching hands down thighs above knee

Progression: dead lift and add upper back squeeze (row) with arms long to sides and thumbs turned up to the sky (combo dead lift and upper back/rear deltoid exercise)

(3) Feature: **Alternating Side Lunges with a Squat in Centre**

Modification: alternating side lunge without the squat in centre, instead pause centre

Progression: 8-16 lunges to one side adding a knee lift for extra core focus and switch

(4) Feature: **Shoulder Press**, palms facing down, lift arms up and down; back and front x 8 each

Modification: lower arms and decrease number of reps for each to 4

Progression: increase number of reps to 16 of each with more intensity in level of squeeze and add light rebounding or jogging

(5) Feature: **Standing Cross-Crunch**, cross opposite arm to opposite knee repeat 8x each side (arm should be out long to side)

Modification: decrease ROM and decrease reps to 4

Progression: increase ROM and add power to each repetition x 16 each side, option to blend in power on each cross

5. Classic Group Fitness Style Class Template

Based on class length, select the components that are shaded in colour and add to these boxes the exercises you would like to use. There are three class formats to choose from: 20 minutes, 30 minutes, or 45 minutes.

Class Component	20 min format	30 min format	45 min format	Exercise Combo/Sequence
WARM UP				
CARDIO 1				
CARDIO 2 Aerobic Peak				
CARDIO 3 Cardio Recovery/ Transition				
MUSCLE CONDITIONING 1				
MUSCLE CONDITIONING 2				
COOLDOWN/STRETCH				

6. Basic Format for a 30 min HIIT Training Workout

<p>Warm Up: 3 minutes 20 seconds each move</p> <ol style="list-style-type: none"> 1. Easy March or Rebound side-side 2. Squats with arm swings low to high overhead 3. Alternating Knee Lift with Alt Elbow to Knee 4. Light Jog or Rebound side-side 5. Lunge side-side (start from a wide stance) 6. Easy Torso Twist (from wide stance) with light boxer Jab Punch 7. Dynamic Lunges or Back-stepping Lunges with forward Arm Raises 8. Light / Moderate Jogging on the spot or 'Shadow' Skip 9. Slow Curtsy Squats with Lateral Lean (cross R foot behind the L, bend both knees to curtsy, lift L arm overhead and lean to R, switch sides) 		
Circuit Workout:		
NAME OF MOVE	45 seconds WORK	15 seconds RECOVERY
<p>Cardio Circuit 1: <i>Repeat each move 2x</i> <i>Total time: 4 minutes</i></p>	<ol style="list-style-type: none"> 1. Wide Fast Feet (Running Arms) Option: Straddle Run 2. Skater (Low Arm Swing) Option: Step Tap/Cross Behind 	<p>Rebound (light bounce side-side) Option: March</p>
<p>Strength Circuit 1: <i>Repeat each move 2x</i> <i>Total time: 4 minutes</i></p>	<ol style="list-style-type: none"> 1. Squat to Stand (Bicep Curl on squat, Overhead Press on stand) 2. Single Leg Dead Lift (Alt touch down Option: Single Arm Row) 	<p>Preview upcoming move</p>
<p>Cardio Circuit 2: <i>Repeat each move 2x</i> <i>Total time: 4 minutes</i></p>	<ol style="list-style-type: none"> 1. 3-Run Hop side-side (running arms) 2. Jumping Jacks (Low or High Arm Swings) Option: Alt Tap side-side 	<p>Light Jogging on-the-spot Option: Rebound</p>
<p>Strength Circuit 1: <i>Repeat each move 2x</i> <i>Total time: 4 minutes)</i></p>	<ol style="list-style-type: none"> 1. Side to side Lunges (Diagonal Swing/Woodchop) 2. Sumo Squat with Slow Boxer's Punch (Jab, Upper Cut combo) 	<p>Preview upcoming move</p>
<p>Cardio / Strength Circuit Finale: <i>Repeat each move 2x</i> <i>Total time: 4 minutes)</i></p>	<ol style="list-style-type: none"> 1. Jump Squats (Bilat Arm Swings Forward/Up) Option: Burpee Jumps 2. Step Leg Curls (Bilat Arm Swings Down/Back) Option: Pony Step (1,2,3 Jog on-the-spot) 	<p>Marching Step Touch side-side</p>

<p>Strength Circuit 3: Repeat each move 2x Total time: 4 minutes)</p>	<ol style="list-style-type: none"> 1. Liberty Lunge (Single Leg Back Stepping Lunge with Front Knee Lift) 2. Inch-Worm Plank (Squat, Walk Hands Out into a Plank, Hold, return to Squat and repeat) <p>Option: Incorporate a Push-Up Option: Incline Push-Ups</p>	<p>Squats</p>
<p>Cardio Circuit 4: <i>Repeat each move 2x</i> <i>Total time: 4 minutes)</i></p>	<ol style="list-style-type: none"> 1. Mountain Climbers Option: Fast Plyometric Lunges 2. Slow Single Leg Squats (Bilat Front Arm Raise) 	<p>Preview upcoming move</p>
<p>Recovery: 2 minutes Perform Dynamic and Static Stretching</p> <ol style="list-style-type: none"> 1. Side To Side Dynamic Lunges – with low arm swing 2. Static Side Lunge– hold lunge to R side, reach L arm overhead, R arm supported on R thigh, repeat on L 3. Come centre, Spinal Roll Up and hold a Standing Cat Stretch to release upper and lower back 4. Standing Hamstring Stretch – step back with one foot, flex R front foot for heel press, hands rest on front thigh for support, keep chest lifted, repeat other side 5. Standing Quad Stretch – lift R foot into R hand OR hold R foot down and press hips forward, repeat L 6. IT Band release – step R foot behind left, reach R hand up and overhead, press both feet down into earth and press R hip out to the side, repeat L 7. Shoulder stretch – pull R arm across body, hold arm against chest with L forearm until you feel a gentle stretch in the shoulder, repeat L 8. Chest Stretch – both arms open wide on either side, Progression: clasp both hands together and open through the front of the body 9. Take a couple of deep breaths with some Shoulder Rolls 		