

Fitnezz FUNdamentalz Outline – Rev. 8.2.16

Before we Begin

- These instructions are **specific for CONDITIONAL TRAINING** where the focus is on muscular activation/use. Stretching, Yoga and Dance moves may not follow the same criteria (i.e. rounding shoulders when stretching is great!)
- Your moves are about to get **A LOT SMALLER**, but that's great! Eventually you'll get back to where you thought you were! 😊
- **LISTEN TO YOUR BODY**. We are all built differently, some curve more than others, some are less flexible. The MOST important thing to do is understand your OWN boundaries. Teachers may modify, but the more you understand the info in this class, the more YOU will be able to decide what's best for YOU!

Why take this class?

- **FUNCTIONAL TRAINING**: Body conditioning classes, like STRONG by Zumba, **assist you with every day movements** (bending over and picking things up, sitting backward into a chair, etc.)
- **LESS CUEING**: Your knowledge will help instructors limit verbal cueing ... it can be distracting, but we'll do it if we see improper form. Safety is our #1 priority
- **MUSCLE MEMORY**: It's real! Muscle memories are created by repetition, eventually **allowing movements to be performed without conscious effort**! This process decreases the need for attention and creates maximum efficiency within the motor and memory systems. The more you practice proper form, the less you'll have to focus on it when you're exercising and you can focus on the choreo! The burpee will be like the Salsa dance before you know it! 😊
- You should **TAKE THIS MORE THAN ONCE RIGHT AWAY!** You WILL learn new things each time, despite the repetitiveness. You should also **TAKE THIS ONCE PER MONTH** to refresh yourself!
- To prolong your fitness career! (save your joints, strengthen your muscles, rock your world 😊)

The list could go on forever ... but instead, we'll jump right in 😊

Common Terminology

- **Modifications:** Making a move harder OR easier **when correct form is compromised**. Note; you can **always modify easier OR harder DURING an exercise**, so **learn ALL modifications!**
- **Low Impact:** Always keep 1 foot on the ground. Replace jumping movements with stepping, squatting, lunging, etc. Doesn't necessarily make a move easier, just **EASIER ON JOINTS**, especially when your muscles aren't yet ready to take over all the work! **Note, PiYo is Low impact!**
- **Variations:** Different versions of an exercise (not necessarily different Levels, different versions used to work different muscles like a sumo squat vs. a traditional squat)
- **Movement/Exercise Levels in this Instructional**
 - **L0** = Easier (note, it is **easier ON JOINTS/BODY**, this doesn't always mean it's easier to do 😊)
 - **L1** = Base Movements (the traditional version of an exercise)
 - **L2** = Harder/Advanced (requires more focus, control and sometimes strength)
- **ROM:** Range of Movement. **Not to be confused with Flexibility**

Angle	Graphic	Description	Usage
45°		Diagonal	Often a BASE position
60/30°		Slightly wider than diagonal 60/30° Depends on position	Often a BASE position or HARDER modification
90°		Parallel to ground	Often a BASE position or HARDER modification
180°		Straight line OR when a turn/jump from one wall to the other	Often used to describe a turn or freakish flexibility 😊

- Common body terminology



Alignment Protocol

- **Get in the habit of scanning your body** while learning a move and **practice repeatedly what it feels like** to be properly aligned so when done rapidly, you'll know whether you're not aligned. Again, muscle memory is real! **Start from the top of the body and work your way down.**

Head → Shoulders → Hips → Knees → Toes

PART	EXPLANATION	TIP/EXCEPTION
Head	<ul style="list-style-type: none"> • Neutral. Eyes focused in NATURAL forward direction depending on body position. PRACTICE THIS, it feels weird! This is done while standing, planking, crunching ... always gaze directly out from your eyes while your head is in a neutral position. 	<ul style="list-style-type: none"> • Think of having a neck brace on at all times, forcing the space between your head and shoulders/chest/back ... this is neutral • When squatting your eyes make look up/forward, but don't arch your neck/back
Shoulders	<ul style="list-style-type: none"> • Depressed. Shoulder blades drawn together & down toward waist, aligned directly under ears. 	<ul style="list-style-type: none"> • Not forward, backward or up toward ears (in standing, planking, crunching, ALL moves!) • Think of lifting head to the ceiling and headlights shining directly forward from the center of your ribcage • This won't feel natural, especially with posture nowadays!
Hips	<ul style="list-style-type: none"> • Typically Squared. 	<ul style="list-style-type: none"> • Think of headlights on your hips, always level (both at the same height) and pointing forward.
Knees	<ul style="list-style-type: none"> • Behind toes. For the majority of exercises your knee remains within the length of your foot 	<ul style="list-style-type: none"> • AN EXCEPTION is a connector squat (see below for example) where your knee may come forward beyond your toes but ONLY BECAUSE THE WEIGHT IS IN YOUR HANDS.
Toes	<ul style="list-style-type: none"> • Each foot between Parallel & 60° for fitness 	<ul style="list-style-type: none"> • Rotate open from HIPS, NOT KNEES.

ALWAYS REMEMBER THESE 2 POINTS:

TIP	EXPLANATION	WATCH FOR/AVOID	TIPS
NEUTRAL SPINE	<ul style="list-style-type: none"> • Straight line from top of head to bottom of pelvis • Applies to standing, sitting and plank exercises! 	<ul style="list-style-type: none"> • Rounding back (shoulders lean forward or pelvis is tucked) • Arching back (sticking out buttocks) • Rounding neck (head leaning forward (looking down) OR backward (looking up)) • Uneven hips (lifting one hip higher than other when kicking) 	<p>How to find your neutral spine: https://www.verywell.com/how-to-find-neutral-spine-position-2704586</p>
BEND IN KNEES & ELBOWS	<ul style="list-style-type: none"> • Maintain a slight bend in knees and elbows to enable activation of surrounding muscles 	<ul style="list-style-type: none"> • Locking knees when standing up or executing exercises like dead-lifts • Locking elbows by popping up into Push-up or when holding Plank 	<ul style="list-style-type: none"> • Straight legs/arms DOES NOT MEAN LOCKED!

OK, You Ready to Practice? 😊 ...

BASE Exercises for Alignment

(Note, we will not review all exercises in the Class but image/video still included in graphical glossary)

Red: KEY POINT

REMEMBER: Head → Shoulders → Hips/Pelvis → Knees → Toes

NAME	DESCRIPTION/TIPS	MODIFICATIONS
Neutral Spine “NS”	Head, Shoulders, Hips aligned. PRACTICE: Bend AT HIPS , entire torso forward until can't maintain NS (shoulders round forward, upper back rounds up). Think of reaching head to side wall as you bend forward. ALL EXERCISES!!!!	
Moving to 1 st Position	Feet begin parallel, then lift and rotate open the ENTIRE LEG 45-60°, feet form an open “V”. MOVE FROM YOUR HIPS, NOT YOUR KNEES.	
March / High Knees	Body upright. KNEE COMES TO CHEST. Soft bend in landing knee	L0 = Lower Knees L2 = High Knees
Butt Kicks / Jogging	^ But feet lift behind, aim heels for butt	L0 = March
Jumping Jacks	Open arms/legs at same time, STAY ON BALLS OF FEET. WATCH SHOULDER SHRUGGING	L0 = Step 1 foot out then in, switch
Side Shuffle	Tiny jumps to side, Light on feet, knees and toes face forward entire time	L0 = Walk, don't jump
Ski Mogul	Feet together, knees together, jump to side and land on a diagonal in closed-leg squat, torso leans forward, arms “ski” behind. WATCH FOR NEUTRAL SPINE!	L0 = stand on diagonal and squat down then up, then down (swoosh arms on 2 nd down)
Isolated Torso Rotation	Shoulders & Ribcage rotate as ONE UNIT, hips stayed squared FORWARD. NO movement/wiggle in lower body (knees!) Can move R to L, or twist R to L	
Torso & Hip Rotation w/ Bounce	Whole upper body twists, heel lifts and knee turns in so hip can fully rotate inward. DON'T LEAVE KNEE FORWARD!	
Standard Squat	Bend at Knees, SLIGHT bend at hips (lean forward). WEIGHT IN HEELS Practice lifting toes while in squat.	L0 = Small movement L2 = Deep squat. You can come down as low as is comfortable and so long as you maintain NS & the work is in your muscles (quads, glutes,

		hamstrings), NOT joints (knees)
Sumo Squat	Toes diagonal to slightly wider. Knees over 1 st & 2 nd toe. Torso DOES NOT bend forward at all	Same ^
Squat Jack	Sumo squat (wide knees) to LOW jack, knees stay bent, STAY ON BALLS OF FEET in jack! WATCH KNEE ALIGNMENT	L0 = Step 1 foot out and in (make sure to alternate)
Lateral Lunge (Side Lunge)	Torso bends forward to as low 45°/diagonal. Toes between parallel and 45°, no wider. SIT back into bent leg , weight in heel of bent leg! WATCH bent knee for extension over toes!	
Curtsey/Bowler Lunge	Torso DOES NOT bend forward. Front toes parallel. Shift weight to standing leg, place back foot diagonally behind front so far back as hips STAY SQUARED. Back knee bends straight toward floor.	
Skater	Lean torso forward, when SOFTLY landing on bent knee (to a curtsy lunge). Think of going UP and Over. WATCH THE FRONT KNEE ALIGNMENT UPON LANDING!	L0 = Step touch
Ginga	Skater (jump) to rock back on ball of opposite foot, repeat (Torso stays aligned. Can maintain slight lean forward, or lean slightly back IF MAINTAIN ALIGNMENT!)	L0 = Step to rock back
High Lunge (crescent lunge)	Toes face forward. Back leg straight (NOT LOCKED), only so far back as you can keep HIPS SQUARED , knee faces ground, back heel raised. Torso DOES NOT bend forward, BACK DOES NOT ARCH.	High Lunge is an L0 mod for all lunges!
Warrior 1 Lunge	High lunge BUT back heel is down and foot is on a 45° angle. Back hip will naturally open (won't be square) BUT focus on pulling back hip toward front to try to square hips BUT be MINDFUL of back knee and DO NOT TWIST KNEE. Always rotate FROM HIP.	
Split High Lunge/Squat	^ Except both knees bend. Weight distributed evenly between feet. Torso moves straight up and down.	
Pendulum Lunge (Front to Back Lunge)	^ + Move front to back. WATCH KNEE ALIGNMENT!	L2 = Scissor Jump Lunges
Low Lunge	Hands on either side of leg (yes, it feels squished!), torso leans forward but maintain NS!	L0 = Back knee down, do NOT rest directly on top of knee cap rather, lean

		thigh on a fwd diagonal and rest on bottom of quad/top of knee
Runner's Lunge	^ BUT wider stance. Hands on INSIDE of bent leg, WATCH KNEE OVER HEEL , hips open. Can turn front foot out on diagonal	
Table Top / Beast	Hands below shoulders, knees below hips. WATCH FOR SHOULDER SHRUG/COLLAPSE	L2 = Beast ... Hover SLIGHTLY and balance on toes while maintaining NS! L2 Combo = twist hips & knees side to side AS ONE UNIT while pivoting on toes
Plank Walk Out FRONT	Forward bend w/ straight legs or squat → hands touch ground (NS!) → crawl HANDS forward to plank (see form below), feet don't move, crawl back to forward bend/squat.	L0 = Stay in squat L0 = Walk to modified plank
Walk Out TO Plank BACK	^ BUT WALK FEET BACKWARD one at a time to plank (see form below), legs parallel, walk back to forward bend/sumo	L0 = Squat → high lunge (be sure to alternate legs) L2 = Jump back to plank (partial burpee) ← Note, DO NOT DO THIS IF YOUR STOMACH SAGS WHEN YOU LAND IN PLANK! YOU WILL HURT YOUR BACK!
Plank	Hands directly under shoulders, can be slightly wider especially if setting up for push-ups. BUTT DOWN BUTT DOWN BUTT DOWN!!! WATCH SHOULDER SHRUGGING/COLLAPSING. SPREAD FINGERS to evenly distribute weight. Middle fingers forward.	L0 = Knees down, NS = Head to knees
Pivoting / Moving Plank	Walk feet to side while turning the plank (go from head facing front wall, to head facing side wall). Hands adjust as you turn. BUTT DOWN!	L0 = On knees, just walk hands while you swivel, NO WALKING ON KNEES
Plank Twist Crunch	Plank → Twist ENTIRE TORSO & bring knee to OPP elbow. BUTT DOWN!	L0 = Table Top, pull knee directly to chest OR Hold plank/modified plank L2 = DEEP twist and kick leg across and/or lift opp arm!

Mountain Climbers	BUTT DOWN!!!! Plank → pull knee to armpit (same one as leg). Can hover front toes or tap on ground.	L0 = Hold plank/modified plank OR same L0 as “Plank Twist Crunch”
Plank Jacks	Legs jump open & close WHILE BUTT STAYS DOWN! Legs stay STRAIGHT! NO SHOULDER SHRUG	L0 = tap one foot to the side at a time
Plank → Runner’s Lunge	WATCH front knee! WATCH shoulder shrugging	L0 = Knee Plank to Knee Lunge or HOLD knee plank
Connector Squat	Begin in Runner’s Lunge (usually, other variations do exist), Back ankle meets front ankle, weight is in hands! Knee MAY come over toes IF WEIGHT IS IN HANDS!	L0 = High Lunge → Ankle connect
Forearm Plank	Resting on forearms, WATCH FOR SHOULDER COLLAPSING.	
Side Plank	Plank but on one side. WATCH FOR SHOULDER COLLAPSING	
Side Plank w/ Scoop	^ Top arm reaches up, then scoops under torso, DON’T LEAN FORWARD! Top foot rests flat on floor in front of bottom foot for extra stability.	L0 = bottom knee down or rest on bottom hip
Push-Up	Hands slightly wider than shoulder width, middle fingers face forward and fingers are spread, elbows go to side. ENTIRE BODY MOVES AS ONE UNIT! BUTT DOWN & Neutral gaze!	L0 = On knees
Triceps Push-Up	^. Hands face side walls, elbows hug rib cage	
Seated Staff Pose	Chest lifts, headlights forward, 90° between stomach and quadriceps/top of thighs. Lift up out of seat BUT DON’T SHRUG SHOULDERS	
L Sit	^ Hands by hips , fingers face forward/toward butt. Push hands into ground and lift butt off ground! YOUR ARMS ARE LONG ENOUGH 😊	L0 = Push palms into ground for isometric contraction (nothing moves) L0.5 = Triceps dip L0.75 = Come up onto just fingers & knuckles, not palm, and lift butt L2 = Lift entire body!
Reverse Bridge	Feet hip width apart, fingers face butt, lift torso to parallel to ground, knees directly above heels	L0 = Small movement
“C” Curve	Lean ENTIRE UPPER TORSO FROM HIPS as ONE UNIT straight back THEN tuck pelvis & lower abdomen as if	L0 = Stay in Seated Staff pose

	closing bellybutton. WATCH FOR ROUNDING SHOULDERS!!! THIS IS A VERY SMALL MOVE	L0.5 = No pelvic tuck, just lean
Russian Twist	HIPS SQUARED. Entire upper torso (chest and higher) twists as far as can while maintaining complete alignment	L2 = Lift legs to 90° angle w/ ground
NS on Ground	Feet flat on ground hip width apart. Straight line from top of head to bottom of torso. Think of head and bottom of torso being stretched apart BUT DON'T FORCE. Tuck pelvis SLIGHTLY to assist in lower back heading toward/meeting ground. PRACTICE: lay completely stretched out (legs straight) and feel the slight arch in back. THEN move feet to flat on ground and feel lower back move TOWARD ground!)	
Standard Crunch	Arms crossed over chest OR Elbows wide fingers lightly behind ears, DON'T PULL ELBOWS IN when lifting. Maintain Chest, Shoulders & Head in ONE line. Forehead & Chin lift TOGETHER, think of the neck brace! NATURAL space between chest & chin, Neutral gaze, it will move as you lift!	
Reverse Crunch	Lift HIPS STRAIGHT UP. If knees are bent, 90° angle and think of lifting knees to ceiling. If legs straight, directly over hips and think of kicking the ceiling with FLAT FEET. NO ROCKING	
Bicycle/Scissor or Crunch	Twist ENTIRE upper torso (head to ribs). Think of opp SHOULDER to opp Knee (or Leg in scissor). WATCH FOR ELBOWS CLOSING IN. WATCH FOR SPACE UNDER CHIN. Scissor: PRACTICE: Lower and raise straight legs. IF BACK LIFTS, LEGS ARE TOO LOW.	L0 = Keep upper body on ground, just pull in knees or scissor legs (NO TWIST)
Superman	MAINTAIN ALIGNMENT from top of head to bottom of ribcage while lifting chest and legs off ground. WATCH FOR BENDING NECK. NEUTRAL GAZE	L0 = Just left chest L2 Combo = Add a Lat Pull (pull arms down to side, DON'T CRUNCH SHOULDERS OR PUFF CHEST OR ARCH NECK!)
(Sumo) Burpee	Combine directions for squat/sumo squat and plank! Squat/Sumo squat & touch ground, Jump or walk back to plank, jump back to squat/sumo squat, reach or jump up)	L0 = Squat → High Lunge → Squat → Reach Up ... SWITCH LEGS

Homework!

Complete each of the following **FIVE TIMES** (or more) to enable muscle memory. Make note of what YOU think of most to remember proper alignment. Print or email completed table to

DeskDiva@bethefitfriend.com to confirm your mastery!

BONUS \$5 credit toward classes if you **post a picture of your practice on FB, check in to our Page and add the hashtag #whosYOURfitfriend!** Note, you must check in and hashtag 😊

Exercise	Completed 5 Times	Notes
Neutral Spine "NS"		
March / High Knees		
Butt Kicks / Jogging		
Jumping Jacks		
Side Shuffle		
Ski Mogul		
Isolated Torso Rotation		
Torso & Hip Rotation w/ Bounce		
Standard Squat		
Sumo Squat		
Squat Jack		
Lateral Lunge (Side Lunge)		
Curtsey/Bowler Lunge		
Skater		
Ginga		
High Lunge (crescent lunge)		
Warrior 1 Lunge		
Split High Lunge/Squat		
Pendulum Lunge (Front to Back Lunge)		
Low Lunge		
Runner's Lunge		
Table Top / Beast		
Plank Walk Out FRONT		
Walk Out TO Plank BACK		
Plank		
Pivoting/Moving Plank		
Plank Twist Crunch		
Mountain Climbers		
Plank Jacks		
Plank → Runner's Lunge		
Squat Connector		

Forearm Plank		
Side Plank		
Side Plank w/ Scoop		
Push-Up		
Triceps Push-Up		
Seated Staff Pose		
L Sit		
Reverse Bridge		
"C" Curve		
Russian Twist		
NS on Ground		
Standard Crunch		
Reverse Crunch		
Bicycle/Scissor Crunch		
Superman		
(Sumo) Burpee		