

# Power Step

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Do your current step classes need an intensity boost? Blend easy to follow athletic step choreography with explosive, athletic anaerobic intervals and body weight strength exercises. Return to your club with a Monday morning ready class that will give your participants the results they crave. You'll walk away (not easily!) with loads of ideas that can be applied to your current step classes regardless of the level.

## Combo #1

Movement	Lead Leg	Counts
Squat off end, on top, off end	R	1-8
2 x lunge, rock back	L	9-16
Up, up, down quick	L	17-19
Jack up, down, knee to exit	Both L & R	20-24
Lunge mamba cha cha	R	25-28
I basic or power squat	L	29-32

- 30 sec interval boost: Vertical touch

### **Lower Body Strength Exercises:**

- Step Knee on bench, step back lunge → Hold step vertical and squat (add jump)

Technique Notes:

## **Combo #2**

<b>Movement</b>	<b>Lead Leg</b>	<b>Counts</b>
2 alt curl off end	R	1-4
Ball change and stomp to exit	R	5-8
Squat to plank	Both	9-16
4 Mountain climbers	R	17-20
Jump in from plank to stand up	Both	21-24
Alt squats end to end	L	25-32

- Tabata: Over fast touch floor – 1, 3,5 and 7/ Heel Clicks – 2, 4, 6 and 8

### **Lower Body Strength Exercises:**

- Squat off end, Bench leg lunge, squat off end and repeat other side → Quadruped hover hip extension/external rotation (could add band) → Box Position

Technique Notes:

AHHH cooldown and stretch!!!!