

Step Revolution 4402 - World Fitness Expo 2017

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Tips for Success

- Review proper foot placement on the bench – full foot on bench
- Adequate distance between foot & the bench
- Absorb impact –soft landing
- Risers – adjust for intensity
- Be creative but not complicated!
- Modify – use ‘no bench’options
- Create an intentional warm-up – what skills do they need?

Training Blocks

Each block has a *unique* training focus

1. **Squat Focus**

Moving straddle/back pedal run & Alt Squat Jump
Squat Thruster & OH Press
Squat Hip Swing & Figure ‘8’

2. **Single Leg Focus**

Tornado Squat Jump/Plyo Lunge (same leg)
Lunge Rotator Raise
Figure ‘4’ Serving Bicep

3. **Balance Focus**

3,2,1 L-Step/Shuffle & Skate Combo
Side Lunge Knee Lift w Upright Row
Low Lunge & Row-Single leg Rear Flies- Sumo Squat Halo

4. **Upper Body/Core Focus**

Frog Leap Freeze & 3x hops back
Squat Thruster-Hop Over
Tricep Walk & Single Arm/Leg
Offset Push-up & Row

