



RAB® Cardio Rocks

Presented by Carol Murphy

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Saturday, May 31, 2008 8:30 AM–10:30 AM

Objective:

Experience exciting 16-count cardio and innovative strength combinations plus a formula for a year's worth of choreography for Resist-A-Ball® workouts. Learn how to mix and match these 16-count combos to create an endless array of heart-pumping, calorie-burning, total-body workouts.

Ball Safety Guidelines:

- **Sizing:** hips slightly higher, adequate space, attire
- **Seated posture:** neutral, slightly forward, bouncing with control
- **Spotting:** one hand on the ball
- **Modifications:** base of support, shorter levers, decrease range of motion (ROM)

Building Your Own Routines:

Base Positions:

- Standing
- Forward Bending
- Side-lying
- Prone
- Plank
- Seated

Creating Ball Choreography Blocks: 16 musical counts constitute a block of choreography regardless of variables of complexity.

Variables of complexity — within each 16-count block:

- Number of different **base steps:** minimum 1, maximum 4
- **Direction:** variety of focal points
- **Rhythm:** a variation from any base step
- **Arm sequencing:** arm movements requiring attention separate from foot patterns
- **Risk factors:** ball moves requiring special instructions
- **Intensity:** add power (force x distance / time)

Leveling Blocks: The level of difficulty is determined by number of variables of complexity within each block and number of different base moves.

Organizing your combos

The File Drawer

A = 16 count block that changes the lead

B = 16 count block that lengthens a combo and/or completes the phrase(s)

Note: Any uneven number of A (1 or 3) in any combo will alternate lead leg; any uneven number of B (1 or 3) in any combo will alternate lead leg.

Block sequencing —Complexity is determined by the class, not always the instructor. Be sure your students can follow successfully.

Step 1: Teach block 1 + block 2 (put aside)

Step 2: Teach block 3 + block 4 (add 1 and 2) = combo 1

Step 3: Teach block 5 + block 6

Step 4: Teach block 7 + block 8 (add 5 and 6) = combo 2

Thank you for attending Resist-A-Ball Cardio Rocks.
Available on: Resist-A-Ball DVD “Resist-A-Ball Sweet 16- Cardio Ball”
Website: www.resistaball.com

**Please remember to submit a session evaluation.
Your feedback is important to us!**