

Fit4Tap  
Cool Down - DVD 3

<b>Section Breakdown:</b>	<b>TRACK: PERFECT SYMPHONY - Ed Sheeran &amp; Andrea Bocelli - Single</b> <b>Length: 4.25</b>
	*The Aim is to stretch and cool down the muscles from head to toes to avoid injuries. <b>Note:</b> If no mirrors face your students and always lead commencing Left.
<b>VERSE 1: Side lunges stretch, arm, stretches and toe or knee touches</b>	8 count intro to place, feet apart, weight over toes, ready to rock through the lunges... *Single side lunge rock stretch (inside leg stretch) Rock R, Rock L, double Rock/hold R (hands on hips/knee) (1,2, hold 34) Rpt single rock L, single rock R, double rock and hold L Rpt x R,L
<b>Hamstring stretch, inside leg, calf, arms and shoulders</b>	*Rpt lunge rocks above x 4 R,L,R,L sides, using opposite arm to reach up to high diagonal and over touch knee or toes on double lunge/hold. Making sure chest and upper body is over the feet for a good stretch over to knee/toe touches
<b>VERSE 1: *Hold for 4 Counts</b>	*Slow 4 count hamstring stretch x 2 over to R & L side, upper body fwd, sitting back (stick the bottom out) reaching out directly fwd with opposition arm reach to shoulder lever and inside leg stretch. (1234,5678)
<b>*Hold for 4 Counts</b>	*Slow 4 count hamstring stretch x 2 over to L&R Diagonal corners, arm reach over to LDF & RDF corners again with opp arm over to corner at shoulder level, sitting back (stick the bottom out) and leaning forward (1234,5678)
<b>*Hold for 4 Counts</b>	*Slow 4 count hamstring stretch x 2 over to L&R sides, R arm stretch over to L side at shoulder level, rpt with L arm over to R side (1234,5678)
<b>*Hold for 4 Counts</b>	*Slow 4 count hamstring stretch x 2 over to L&R sides, R arm stretch over to L side down to L flexed toe, rpt with L arm over to R side (1234,5678)
	<b>*Teaching Note: Explain to sit back, upper body fwd and over toes, pointing to inner leg muscle during the hamstring stretch so the students know where they should be feeling the stretch. When sitting back make sure foot is flexed for calf stretch with toe off the floor for max stretch down the back of the leg.</b>

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<p><b>CHORUS 1: 2. Fwd lunges for stretch down the back of leg to calf and heel. Shoulders, arms and chest</b> <b>*Hold for 8 counts</b></p>	<p>Stay on R side, weight fwd into fwd lunge with back heel down for calf stretch. Bring arms round in front to open the shoulder blades at the back. <b>*Hold for 8 counts</b></p>
<p><b>*Hold for 8 counts</b></p>	<p>Sit back into a hamstring stretch <b>*Hold for 8 counts</b> (place hands to support on L thigh *never on the knee)</p>
<p><b>*Hold for 8 counts</b></p>	<p>Flex the R front foot for a deeper stretch <b>*Hold for 8 counts</b></p>
<p><b>*Hold for 8 counts</b></p>	<p>Up and over to the L side and rpt fwd lunge hold with back heel down, with an open chest stretch *Circle arms from front chest level to back and clench hands to hold the stretch <b>*8 counts</b></p>
<p><b>*Hold for 8 Counts</b></p>	<p>Sit back into a hamstring stretch <b>*Hold for 8 counts</b></p>
<p><b>*Hold for 4 counts</b></p>	<p>Flex the R front foot for a deeper stretch <b>*Hold for 4 counts</b></p>
	<p><b>*Teaching Notes: Always support with hands on thighs as shown in the video NOT on any joints i.e. knees, elbows etc. Talk your students through the stretches so that they are positioned properly and show through clear movement.</b></p>
<p><b>Intro 2/Instrumental x 8 counts</b></p>	<p>Turning to the front with a slow 8 count plie bend and stretch swooping arms down and circle up and circle out again on the stretch <b>*8 counts</b></p>
<p><b>VERSE 2: Single x 1 count / double x 2 counts. Rpts x 4 R,L,R,L</b></p>	<p>Rpt intro single side lunge rock stretches adding on side arm stretches on the double <b>* side stretch arm draws all the way up the side of the body straight up and over the head. Rpt x 4 R,L,R,L sides</b></p>
	<p>Rpt above with shoulder and back arm stretch <b>*circle over like a front crawl arm action with clenched fists. Rpt x 4 R,L,R,L sides</b></p>

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<p><b>8 x counts each lunge stretch</b></p>	<p>Step in with R foot to close and turn to front for the back lunge stretches - Step back with L Leg heel down feeling the calf stretch, down the back of the lower leg <b>*Heel down on back foot</b> Scoop L arm down and through to high stretch for a deeper stretch <b>Rpt x 4 to Front 8 x counts each *Encourage your students to step back further for a deeper calf stretch.</b> close R foot back in together ready for Quad stretches...</p>
<p><b>4 x Quad stretches x 16 counts each side.</b></p>	<p><b>*Teaching Notes: Give your students the option of free standing on the floor for this stretch or holding on to a wall for added support. Pull in the core for support, knees together &amp; heel to bottom if possible. You can also tuck under the tail bone for a deeper quad stretch. Opp arm held out to side or straight up above the head for balance. This whole chorus section should flow from one stretch to another R side 1st then all repeated on the L side. 16 counts each leg (8 to position and tuck under and 8 counts to hold) *Simpler quad stretches are optional by placing the foot behind you back up onto the wall at your own intensity. The nearer the more intense the stretch.</b></p>
<p><b>8 x counts: Right side only.</b></p>	<p>Step out to R side facing the front and stretch over the R arm across chest and hold in place with the L arm for a shoulder, upper back and arm stretch x 4 counts. counts. <b>*Teaching Notes: Never hold on to the elbow joint with the supporting arm, hold either on the lower or upper arm. Feet apart and knees slightly bent for balance and correct alignment.</b></p>
<p><b>8 x counts</b></p>	<p>Release and circle the R arm up, over and down the back from the elbow for a Tricep stretch. <b>*Teaching Notes: Use the other arm to support and hold the bent elbow in place by holding the upper arm from behind &amp; just under the elbow joint. Should create a nice square position. Some clients who are very loose in the shoulders may want to do a deeper stretch clenching both hands behind the back, one from the top and the other from beneath.</b></p>

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<b>8 x counts upper side stretch</b>	Once you have the hold pull the bent arm over to the Left for a side stretch and back up again to front for 4 x slow counts <b>*Teaching note is to make sure the body and arms are square to the front on side stretch and knees slightly bent</b>
<b>8 x counts for each stretch.</b>	Release by circling the arms up and out and down to side to start again. <b>Rpt</b> all of the 3 sections above: Arm across chest, tricep stretch and side stretch and release all with the L arm with 8 slow counts for each stretch.
<b>8 x counts for each stretch. R,L side.</b>	Open side lunge stretch to R side with L arm up and over for another side stretch. Then back to the middle and repeat on the L side with R arm up and over to L side. Back to middle.
<b>Plies to finish x 2 or more...</b>	Deep plie bringing both arms circling up with stretch as straighten legs, bend the knees and push both arms up and out and back to sides again to rpt as many plies as you can to the music you have left. Remembering to breath in bringing the arms up from the deep plie and breath out as you push the arms up and out again from knee bend (4 counts each to breath in and out)
<b>Music Fades: 4 x counts</b>	Circle both shoulders back to Finish as music fades <b>*Always good to end on a clap to your class and 'Well Done!' to encourage your clients "If you have any questions please ask"</b>