

Zen Meets Zenergy

Water Fitness Interval Format

Presented by Irene McCormick, M.S. and Melissa Layne M.Ed.

irene@irenemccormick.com

mlayne@ngscu.edu

Cardio Intervals 3.5 minutes

Mind Body Intervals 1.5 minutes

Warm Up

Rhythmic Movement 3.5 minutes

Mind Body Transverse Rotation

Cardio Interval 1

Sagittal Plane Movements (running, kicking)

Mind Body Interval Standing Rotation with larger movements

Cardio Interval 2

Frontal Plane movement – jacks and lateral hops

Mind Body sweeping arms with neutral legs

Cardio Interval 3

Sagittal Traveling Movements

Mind Body Lateral movements

Cardio Interval 4

Traveling Movements

Mind Body Yoga based standing Warrior movements

Cardio Interval 5

Traveling Sagittal plane AND frontal plane movements

Mind Body Neutral jacks and X country ski

Cardio Interval 6

Frontal Plane power moves

Mind Body Lateral Step touch with sweep

Cardio Interval 7

Traveling frontal plane movements

Mind body yoga flow

Cool Down – Choreograph a song