**BODY CONDITIONING Duration**

|  |  |
| --- | --- |
| **Music selection** | **Notes** |
|  |  |
| **Scripting for Body Conditioning** |
|  |

PLEASE INCLUDE HERE YOUR MUSIC BREAKDOWN FOR VERSE CHORUS CHOREOGRAPHY.

|  |  |  |  |
| --- | --- | --- | --- |
| **Description of activity (written and diagrams where relevant), to include:*** **Exercises**
* **Timings, sets, reps**
* **Intensity (Borg)**
* **Music breakdown and movement patterns**
* **Choreographic style**
 | **Coaching points****Please also clearly show where you will use silence and motivation techniques** | **PROGRESSION****Suggest one change to make each activity/exercise MORE challenging**  | **REGRESSION/ MODIFICATION** **Suggest one change to make each activity/exercise LESS challenging** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |