**BODY CONDITIONING Duration**

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| --- | --- |
| **Music selection** | **Notes** |
|  |  |
| **Scripting for Body Conditioning** | |
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PLEASE INCLUDE HERE YOUR MUSIC BREAKDOWN FOR VERSE CHORUS CHOREOGRAPHY.

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| **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** |
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