



Course Title:    **Hi – Low Choreography for Everybody**

Produced by:   **Fitness Learning Systems**  
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Course Type:    **e-Learning Home Study**

Credit hours:    ACSM 2.0, NFPT 1.0, NCSF 1.0, YMCA 2.0, NSPA 2.0

Author:

**Rella Brennan**

Being overweight as a child and teen inspired Rella to exercise for weight loss and to kick a cigarette habit. Her love of exercise turned into a passion for instructing fitness classes. Rella has been teaching a variety of fitness classes since 1980. Her extensive experience as a fitness instructor and personal trainer include teaching and training for corporations, colleges, and fitness centers. She avidly seeks continuing education to remain current in the fitness industry and expand her knowledge base. Rella's mission is to continue to motivate others with her love for choreography and teaching aerobic classes.

Her certifications include:

- Group Fitness - Aerobics & Fitness Association of America (AFAA)
- Group Fitness - Aquatics Exercise Association (AEA)
- Group Fitness - American Council on Exercise (ACE)
- Personal Training – American Council on Exercise (ACE)
- Pilates with Resist-a-Ball

Course Summary:

In this choreography CD, Master Instructor Rella Brennan shows you 15 moves that you can use individually as building blocks in your own choreography, how to put together several of the moves into 6 safe combinations and then see how all of the moves work together to create one great class.

Safe and effective Hi-Low Choreography with all low impact variations included, fluid transitions, and great combinations to keep your classes creative. You get moves, combinations, mega combinations, and an entire class that "everybody" can do.

## Objectives:

After completing this course you will be able to:

1. Review basic definitions and concepts for hi-low impact choreography.
2. Understand safety and effectiveness when planning a hi-low choreography class.
3. Learn safe and effective basic moves for hi-low impact choreography.
4. Learn how to combine basic moves using safe and effective transition practices.
5. Learn tips for cueing and modifications for movements to increase and decrease intensity.
6. Practice moves, combinations, and mega combinations to work with all levels of students from beginner to advanced.

## Outline:

General Information:

Basic choreography definitions  
Population  
Tempo & music

Components of an Exercise Session:

Warm-up  
Stretching  
Conditioning  
Cool Down

Choreography Styles:

Freestyle or Linear  
Add-On  
Patterned

Arm Use in Group Fitness

Hi-Low Choreography for Everybody

Base Moves:

Move 1: Side Leg Cross Step  
Move 2: Mamba with Triple Step  
Move 3: Step Repeater Cross Mamba Square  
Move 4: Hustle  
Move 5: Hustle Squat / Hustle Squat (Low Impact Variation)  
Move 6: Double Step Touch Forward and Back  
Move 7: Double Step Touch "L"  
Move 8: Grape Vine  
Move 9: Single, Single, Double Cross Behind / Single, Single, Double Cross Behind (Low Impact Variation)  
Move 10: Mamba Pivot Turn Knee

Move 11: 3 Point Knee / 3 Point Knee (Low Impact Variation)  
Move 12: Step Skip with Power  
Move 13: Walk the Runway  
Move 14: Chasé Forward, Jog or March Turn  
Move 15: V-Step ½ Turn

Combinations:

Combination 1: Moves 1 and 2  
Combination 2: Moves 3 and 4  
Combination 3: Moves 5 and 6  
Combination 4: Moves 7 and 8  
Combination 5: Moves 10 and 11  
Combination 6: Moves 13, 14, and 15

Mega Combinations:

Mega Combo 1: Combination 1 and 2  
Mega Combo 2: Combination 3 and 4 and Transition Move 9  
Mega Combo 3: Combination 5 with Move 12

Total Class Combination: All Moves with Transitions:

Start by showing the moves.  
Build the Combinations using building block or patterned choreography.  
Build the Mega Combinations.  
Link it all together.

Bibliography:

1. <http://www.merriam-webster.com/dictionary/choreography>
2. Aquatic Exercise Association. (2010) Aquatic Fitness Professional Manual. Human Kinetics.
3. [http://www.personalpowertraining.net/Articles/the\\_history\\_of\\_aerobic\\_exercise.htm](http://www.personalpowertraining.net/Articles/the_history_of_aerobic_exercise.htm). Accessed December 2009.
4. American Council on Exercise. (2000) Group Fitness Instructor Manual. American Council on Exercise, San Diego, CA.
5. American College of Sports Medicine. (2010) ACSM's Guidelines for Exercise Testing and Prescription. 8th Edition. Lippincott, Williams, and Wilkins.
6. American College of Sports Medicine. (2001) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. 4th edition. Lippincott, Williams, and Wilkins.