



15 Minute Cardio Sequence

<http://www.acefitness.org/blog/2240/>

Purpose: Easy-to-follow bilateral combinations using multi-planar approaches for cardiovascular conditioning teaching 2 32-count safe, mixed-impact combinations which fuse and mix at the end of the 15 minutes

Participants: Ideal for those with some cardiovascular experience

Duration: 15 minutes including CPS and stretch

Lawrence Biscontini, MA

Notes:

Choreography combinations presented below are “finished product combinations.” Throughout this pre-choreographed series, a variety of choreographic breakdown techniques (outlined in both the ACE Group Fitness Instructor Manual and the ACE course “Demos & Drills”) is shown. Instructors should choose the appropriate methods and, more importantly, numbers of repetitions based on the actual abilities of the participants in class. Overall success is more important than matching any particular breakdown or buildup method or length of time on an ACE release.

Choreography Legend

LLL = Left Lead Leg	XS times	F = Front
RLL = Right Lead Leg	ROS repeat other side	B = Back

☐ **Warm-Up “Core Planar Sequencing”**

A	Sagittal Plane Flexion 6 XS
B	Lateral Flexion L Side first 8 XS
C	Rotations L Side first 8 XS

☐ **“Diamond Grapevine Combination”**

A	LLL Grapevine + RLL Grapevine in ½ “diamond” formation	1-8
B	LLL March moving B	9-16
C	2 V Steps w/your choice of arms where first V step is behind (upside down, inverted) and second is in front	17-24
D	4 Knee Repeater (or 4 Hamstring Repeater)	25-32

↪ Repeat RLL

☐ **“Starburst Combination”**

A	LLL Walk up F 2 + 3 Alternating Knees	1-8
B	RLL Walk B 2 + 3 Alternating Knees	9-16
C	LLL Starburst L and RLL Starburst R	17-24
D	LLL 2 Knee Repeater + RLL Mambo F & B	25-32

↪ Repeat RLL

☐ **Post Cardio Transition**

Repeat combinations reducing arm intensity, at level of shoulders or below

Step Touches 16 XS

CPS in reverse order from Start

A	Rotations L Side first 8 XS
B	Lateral Flexion L Side first 8 XS
C	Sagittal Plane Flexion 4 XS fast, then 1 XS static

Slow Marching w/heel tapping 32 counts

Static Hamstring Stretch of R16 counts

Static Hamstring Stretch of L16 counts

Quad stretch holding L ankle approx. 32 counts

Lower Back 1 Release

Quad stretch holding R ankle approx. 32 counts

Lower Back 1 Release

Chest/Rounding Upper Back 3-4 XS