

TECHNIQUE & COACHING CUES GLOSSARY

SQUAT Knees out Chest up Hips drop just above knee level
BACKWARD-STEPPING LUNGE Long step back Front knee out Chest up Front thigh parallel to floor
TRICEP PUSHUP Hands under shoulders Chest to elbow height Elbows to ribs
STEP CURL Chest up Heel to butt Knees out
GALLOP Chest up Abs braced Step, skip, Step Curl Push out of the floor Move down and up
SIDE STEP MAMBO Chest up Abs braced Hips square
STEP KNEE Heels down Knees out and bent Chest up
SINGLE KNEE Stay square to front Knee to hip height Abs braced Chest up
SHUFFLE Chest up Hips square Feet parallel Light on balls of feet

JUMPING JACK Heel down Knees out and bent Chest up
SKATER Knee out Chest up Push up out of the floor
POWER 3-STEP RUN Chest up Abs braced Up and down movement Sink into Squat at each side Push from side of butt
STEP JUMP Step into a squat before jumping Chest up Abs braced Arms swing back and up
SINGLE PLYOMETRIC LUNGE Front knee out Chest up Back knee down Hips square
TUCK JUMP Drive knees to chest Knees bent on landing
DOUBLE JUMP IN PLANK Hands under shoulders Abs braced Back straight Jump feet in and lift hips up
CHEST PUSHUP Hands wide Abs braced Chest to elbow height

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SINGLE LEG SQUAT Knee out Weight in heel Chest up Hips just above knee line
BURPEE Brace abs as you jump feet out and in Hands in front of feet Feet wide in Squat
SKI JUMP SIDE TO SIDE Knees soft Chest up Abs braced
DOUBLE SKI JUMP Knees bent on landing Brace abs Chest up
SIDE FLICK Hips square Shoulders back Chest up
SINGLE KICK Back Straight Kick from the hip with straight leg Chest up Hips square
SINGLE KNEE PULL DOWN Stay square to front Knee to hip height Abs braced Chest up
SNOWBOARD Knees out Chest up Butt back
AIR JACK Bent knee landing Abs braced Chest up
HAND WALKING PLANK Abs braced Back straight Hands start under shoulders, then walk forward and back

PULSE CRUNCH Chin tucked in - eye gaze to knees Slide ribs towards hips Lift shoulders off the floor Hands extend past thighs
BRIDGE Lie on back – feet on the floor, knees bent Squeeze glutes to lift the hips
CROSS CRAWL Shoulder lifts up and across to opposite knee Turn chest
LYING HAMSTRING STRETCH Keep back long on floor and shoulders relaxed Keep tail bone down
LYING GLUTE STRETCH Heel to knee Pull leg toward chest
KNEELING HIP FLEXOR STRETCH Ensure the front knee is above the ankle Squeeze the glute of rear leg to open hip Hips stay square to the front
KNEELING SOLEUS STRETCH Heel down Weight forward Knee next to toes
STANDING CALF & TRICEP STRETCH Keep feet parallel, stretch into calf Head up
STANDING QUADRICEP STRETCH Use abs to help balance and point knee of lifted leg down to the floor Squeeze butt muscles to keep hips forward
ILIOTIBIAL BAND STRETCH Cross feet and press weight into hip