

Fusion Class

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What is Fusion: Fusion as a collection of mind/body exercises from Pilates and Yoga incorporated with resistance moves to help create a more 'thought-minded' workout. It increases flexibility, strength, balance and decreased stress.

Equipment: Mats, small hand weights, small balls, towel or dynabands

What to wear: comfortable/layered clothing and bare feet

Music: slower mid-temp/relaxation

Warm-Up: (standing- feet under hips, tall posture)

- breathing
- shoulder rolls
- arm circles (backwards)
- reach and sit series (arms reach, chair pose, arms move side (3 xs), bend down and roll up)
- side stretch (both sides)
- back tucks
- hamstring moving stretch (both legs)

Workout:

Resistance/functional moves-

- alternating knee lifts (arms lift up)
- alternating back lunges (arms pull down)
- side to side squats (arms open to sides)
- rise on toes/narrow squats

- roll down push-ups (5 sets) (Pilates)
- shell stretch (Pilates)
- modified sun salutation (yoga)
- back extensions/breast stroke (Pilates)

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Moving into seated position (Pilates moves)

- roll like a ball
- the Hundred
- One leg stretch/double leg stretch
- the roll up
- the saw

Moving to hands and knees (yoga moves)

- cat/cow (back extension/flexion with opposing leg/arm)
- crescent moon pose (right/left leg)
- deep warrior pose with twist (right/left leg)
- shell stretch, deep breathing

Stretch/Relaxation

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*Using light weights will help improve upper body strength...a small ball could be used to replace weights. Old ties could be used to replace dynabands for stretching.

My hope is to have more kids exposed to this type of workout since it requires focus and thought and I believe it can help decrease their stress level from their very over stimulated world.

If you have any questions please don't hesitate to contact me....
Thank you for this opportunity to share my class with you.

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