

## DOUBLE DOIS

By Ricardo Maia (Portugal) and Katrien Lemahieu (the Netherlands)

Forget about boring aquatic fitness classes and take a dive into a new style of FUN-ctional interval training! Double Dois is a fun & challenging interval training class that hits the major muscle-groups: two in one!

The length of the intervals will depend on the fitness level of the participants. For this session, we chose to go directly to stage 5, to give you a lot of ideas!

Stage 1: 1 min jog; 1 min cardio; 1 min jog; 1 min toning exercises                      repeat 5 times  
 Stage 2: 1 min jog; 1.5 min cardio; 1 min jog; 1.5 min of toning                      repeat 5 times  
 Stage 3: Take it up to 6 repetitions  
 Stage 4: 1.5 min jog; 1.5 min cardio; 1.5 min jog; 1.5 min toning                      repeat 5 times  
 Stage 5: Take it up to 6 repetitions

### **Warm up:**

Part one: Bouncy hip-hops

Counts	Leg movement	Arm movement	Extra
32 WT			
1	kick right leg	straight left arm	
2	kick left leg	straight right arm	
3	kick right leg	straight left arm	"corner"
4	bring right leg to the right side	arms side to side	
5 - 8	repeat first 8 in symmetry		
1	kick right leg	straight left arm	"corner"
2	bring right leg to the right side	arms side to side	
3	repeat these 4c with left leg		
4			
5 - 8	kick right leg front twice, back twice	opposite arms	'cool kicks'
1 - 16	repeat last 16c in symmetry		

Part two: Flow and go

Counts	Leg movement	Arm movement	Extra
32 WT			
1 - 4	2x rocking horse left leg leading	back pull, thumbs up	
5 - 8	kick right leg 4 times	push both arms	bring right leg to the front
1 - 4	repeat rocking horse with right leg		
5 - 8	repeat kick leg, now left 4 times		
1 - 3	3 times ski, left leg first front	arms opposite	"ski"
4	jump to basic squat	arms side to side	
5 - 8	jinga to the right, left leg behind	circle left arm	"jinga"
	symmetric jinga		
1 - 8	repeat last 8c in symmetry		

Part three: What goes up must come down

Counts	Leg movement	Arm movement	Extra
32 WT			
1	straight left leg to the left side	straight arms right	"side"
2	bring right knee up	bring arms down	"knee"
3	bring right leg with cross over left	cross arms	
4	jump to basic squat	arms side to side	
5	jump to close legs	cross arms	"jack"
6	jump back to basic squat	arms side to side	"jump"
7 & 8	level 3, Mc-Donalds close legs	hands sculling	"Mac"
1 & 2	kick left leg 2 times to the left		stay in level 2
3 & 4	kick both legs 2 times to the left	hands sculling	level 3
5 - 8	walk it out	hands sculling	come up
	end in level 1, stand up straight		
1 - 16	repeat last 16c in symmetry		

Part four: Latin inspiration

Counts	Leg movement	Arm movement	Extra
32 WT			
1	bring right leg in front to lunge position	bring arms to left	"twist"
2	twist to the left, 1/2 turn	pull water	
3	twist back to the front	push water back	
4	bring left knee up	bring arms back	
5 - 8	repeat symmetric twist		
1 & 2	put right leg front and back to basic	open & close	"salsa"
3 & 4	put left leg back and back to basis		"salsa"
5	tap front	arms to the side	"shimmy"
6	tap side	arms to the side	"shimmy"
7	tap front	arms to the side	"shimmy"
8	close	arms to the front	"show"
1 - 16	repeat last 16c in symmetry		

## **Double Dois**

### **Part one: Hip Hop**

- A: Jog: narrow and wide jogs, with circling arms in and outside, wide jogs push hands front and side
- B: Cardio: level 2 jogs; narrow with circling hands downwards, wide with sculling hands
- C: Jog: repeat sequence of first jog; with hands opposite
- D: Toning: level 2 jogs; with straight legs for abdominal work, narrow and wide, jumps side to side in level 2 to 3 (obliques)

### **Part two: Latino**

- A: Jog: Half water tempo crossing step with arm stroke front/back
- B: Cardio: Right/left leg mambo (big range of motion)
- C: Jog: Half water tempo crossing step with arm stroke side to side
- D: Toning: Knee flexion with hip rotation right/left

### **Part three: Hip Hop**

- A: Jog: Jog combination with mambo's and chachacha change
- B: Cardio: Cross country ski's combo with mambos while traveling sideways
- C: Jog: Jog combinations with rocking and kicking
- D: Toning: Straight leg mambos

### **Part four: Latino**

- A: Jog: Side jumps with twist movements
- B: Cardio: Jumping jack with direction variations
- C: Jog: Side jumps with twist movements (with wide step)
- D: Toning: Alternate front kick with variation

### **Part five: Hip Hop**

- A: Jog: six steps and travel, knees up and down
- B: Cardio: diagonal travel with pushing & pulling arms, jacks & rebound jumps
- C: Jog: six steps turn and grape vines in water
- D: Toning: abductor and adductor work

### **Part six: Latino**

- A: Jog: Step March with different directions
- B: Cardio: cross mambo with arm combination
- C: Jog: One foot move with dance combinations
- D: Toning: Twist with jump

### ***Cooling Down:***

Dynamic balance and stretch

Single leg balance and stretch

Katrien Lemahieu and Ricardo Maia thank you for joining the class 'Double Dois'

Feel free to use the intervals as shown and create your own combinations, with your own chosen music. Think about 60's versus 80's, or Madonna versus James Bond as ideas to keep this interval class varied.