

Intervals that Rock
IAFC 2010 Aquatic Master Class
By Julie See

Rock Aqua transforms into Intervals that Rock! Take the choreography to another level by integrating motivating moves and high intensity intervals with a functional component. Rock your pool with a program that powers through short work cycles guaranteed to make you sweat wet!

WARM UP

Side Step 2x
Turn Jack 2x (Outside – Inside)
Ski 3x & Knee Lift 2 sets
Rock 3 & Switch with Heel Cross in 3's
Heel dig across, heel dig out, double heel dig across
Repeat to both sides

INTERVAL ONE

Alternating Kick 3x & Flip
Knee Push Back
½ WT Center Bounce Karate Kick Front
(change lead legs & repeat ending front)
Grounded Angled Squat & Return 4x....KICK ACROSS
Grounded Lunge & Return 4x....KICK FRONT
Repeat to both sides

POWER KICK DIAGONAL
POWER KICK F & B
KNEE PUSH BACK

INTERVAL TWO

Grounded Stomp F & B 2 sets
Grounded Push Kick F & B 2sets
Rebound Push Kick F & B 2 sets
Rebound Diagonal Push Kick
Jumping Jacks in 3's 4 sets....JACK SKI DIAMOND 3's
Repeat to both sides

PLYO JACK ADDUCTOR
..... NEUTRAL ARMS
..... CLOSED EYES

INTERVAL THREE

V Jog ARMS OUT
Jumping Jack ARMS NEUTRAL
Jump F & B ARMS NEUTRAL
Grounded Side Karate Kick & Straight Leg Pulldown 2x
Quick Straddle Jack

Small ROM 3x & bounce center

Repeat to both sides

SLIDE R & L

Level I LT FOOTBALL JOG

...ON COMMAND TURNS

INTERVAL FOUR

Level II Ski 3x & Center 2 sets
Level II Heel Diamond Swing 4x...LEG SHOOT HEEL DIAMOND
Level II ½ WT Moguls 4x.....WITH TUCK
Level II Jack & Triple Cross 2 sets.....1/2 TURN

Level II GLIDE R & L

Level III TUCK & HOLD

DRAG RUN / DOWN RUN

...ON COMMAND TRANSITIONS

INTERVAL FIVE

Leap 4x & Kick Through
Knee Swing B-F-B-F & Hop Turn 4 counts
Skate Kick in 3's (knee tuck & push back on 3&4) 4 sets with ½ turns

Repeat to both sides

½ WT KARATE KICK COMBO F-S-B-S (all kicks same leg & landing to front)

KARATE KICK FRONT

DROP DOUBLE KICK (moving through all three levels)

INTERVAL SIX

Jack & ½ WT Side Karate Kicks, travel direction of kicking leg
Jack & ½ WT Side Karate Kicks, travel direction of kicking leg with ¼ Flip Turn
Level II Ski 3 & Tuck 2 sets

Repeat to both sides

Level II DOUBLE TIME RUN....LATERAL TRAVEL & LIFT

Level II F&B JUMPS with neutral "surrender" arms

Level II Moguls with neutral "genie" arms

PUTTING IT TOGETHER – ONE, TWO, THREE

Kick 3x & Flip / Knee Push Back / Karate Kick Front
Squat & Kick Across
Lunge & Kick Front

Grounded Stomp
Grounded Push Kick
Rebound Push Kick F & B
Rebound Diagonal Push Kick
Jack Ski Diamond in 3's

V Jog Arms Out
Jumping Jack Arms Neutral
Jump F & B Arms Neutral
Side Karate Kick & Straight Leg Pulldown
Quick Straddle Jack

PUTTING IT TOGETHER – FOUR, FIVE, SIX

Level II Ski 3x & Center
Leg Shoot Heel Diamond
Level II Moguls with Tuck
Level II Jack & Triple Cross with ½ Turn

Leap 4x & Kick Through
Knee Swing B-F-B-F & Hop Turn 4 counts
Skate Kick in 3's (knee tuck & push back on 3&4)

Jack & ½ WT Side Karate Kicks, travel direction of kicking leg
Jack & ½ WT Side Karate Kicks, travel direction of kicking leg with ¼ Flip Turn
Level II Ski 3 & Tuck

FINAL STRETCH

MUSIC

Instrumental Intervals by Dynamix
3:30 at 135 bpm to 1:30 at 128 bpm plus a Warm Up and Cool Down

KEY

F = Front

B = Back

S = Side

.... = Indicates a progression to the next level of challenge
in 3's = single, single, double

ON COMMAND = Unpredictable cues for developing reaction time

Are you a Visual Learner?

Check out the **Creative Circuits & Intervals** DVD By Innovative Aquatics.