

DDMIX CORE WORKOUT

****Please only teach these exercises if you are qualified, confident and insured to do so. ****

MUSIC

We have used the Face2Face track for this but you are also able to use a track of your choice as long as you hold the relevant music licence required.
(Please note the exercise was filmed to 'Dub be good to me' originally and therefore may be slightly out of time with the music on the video).

BREAKDOWN

Refer to the breakdown videos for both the floor and standing core tips.

Pelvic Tilts

2 leg floor bridge/squats

Knee lifts/balance

Preparation for cycling

Cycling each leg

Mini rond de jambe 8 outwards, 8 inwards each leg

Side reaches

Sit ups/stand up crunches (hand placement is at the discretion of the instructor – just make sure if placing by the head you are not pulling the head up)

Pumping arms

Rowing – use full breadth of arms and turn the body on each row

Contractions

Finish arms full circle .