



# Aero Gym

## Fitness Resource

### SPECIAL POINTS OF IN- TEREST:

- **What is Aero Gym?**
- **General Guidelines**
- **Fitness Activities**
- **Ways to incorporate into your program**
- **Resources and contacts**
- **Next Steps**



Fun ♦ Fitness ♦ Fundamentals

Creative ♦ Innovative

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## Introduction

With today's focus on fitness and the growing need for people of all ages to be physically active, the Aero Gym program offers a unique opportunity to satisfy both. It appeals to a wide range of participants, from young children, teenagers, adults to dancers, cheerleaders, ex-gymnasts and fitness enthusiasts. It enables gymnasts to continue in the sport after their artistic career is finished.

The fitness resource booklet offers excellent activities of fun and fitness for clubs and coaches/teachers seeking to provide innovative programming or to enhance existing programs/curriculum.

***Note** – Gymnastics is a sport that touches most of the areas of physical development. The Aero Gym program compliments artistic training by maximizing development of core strength, flexibility and power, with the addition of a cardio fitness focus.*

## Objectives/Aims

- To introduce Gymnastics clubs and schools to the Aero Gym program.
- To teach the fundamentals of aerobic activity
- To provide ideas and activities to enhance or incorporate into existing programs & lesson plans
- To introduce Gymnastics clubs and schools to the Can-Gym Aerobic Program
- To provide the steps to creating innovative aerobic movements and sequences
- To provide an Aero Gym routine and/or the opportunity for participants to create their own choreography for the purpose of demonstration and/or competitive use by individuals or groups

## What is Aero Gym?

- ◆ A recreational and/ or competitive activity for males and females of all ages
- ◆ A creative combination of fitness, dance choreography and gymnastics elements (acrobatics, tumbling, inversions)
- ◆ Involves high energy-cardio routines that maximize development and use of core strength, flexibility and power

The Aero Gym program is a recreational program developed by Gymnastics Ontario. It differs from Aerobic Gymnastics in that it can embrace elements from all the other gymnastics disciplines. Competitive Aerobic Gymnastics is governed by FIG which adheres to specific technical rules and regulations (i.e. no inversion elements permitted in a competitive routine).

In the Aero Gym Program a variety of elements are allowed because it is recreational in scope focusing on Fun, and Fitness Fundamentals.

## Aero Gym Fundamentals - The Components:

### The 7 Basic Steps

#### The Seven Basic Steps:

1. WALK/MARCH
2. JOG
3. SKIP
4. LUNGE
5. JUMPING JACK
6. KNEE LIFT
7. KICK

### Four Difficulty Element Groups

#### The Element Groups

##### **GROUP A**

DYNAMIC STRENGTH – PUSHUPS

##### **GROUP B**

STATIC STRENGTH – SUPPORTS

##### **GROUP C**

JUMPS & LEAPS – POWER

##### **GROUP D**

BALANCE/TURNS & FLEXIBILITY

## The Aero Gym Sequence

**A sequence is a combination of 2 or more of the 7 basic steps in any combination within a minimum of 8 counts/ beats of music. A movement sequence is often comprised of 16 beats of music (two sets of 8 counts).**

**An example of a 16 beat Aero Gym sequence:**

**March in circle (4 beats) —> Jog diagonally (4 beats)  
—> Skip backwards (4 beats) —> Travelling kicks (4  
beats)**

## The Aero Gym Routine

A routine consists of a combination of each of the above (the seven basic steps, the 4 difficulty element groups, Aero Gym sequences, and gymnastics elements [optional]).

## GENERAL GUIDELINES

**Equipment** Audio equipment and upbeat music (with or without lyrics)  
Space sufficient to safely accommodate the number of participants

### **Footwear and Attire**

Suitably attired for activity as per your club/school safety regulations

An athletic shoe (running shoe) is recommended for any aerobic activity

### **General Form and Body Alignment**

Head, neck and spine should always be in alignment

The general posture should always be upright, with the abdominal muscles tight, chest up, shoulders relaxed and knees relaxed and not locked

The weight-bearing leg is not to extend 90° flexion at the knee joint. As a cue use: Knee over heel (ie.in forward Lunge position).

Look for pointed toes when feet are off the floor (ie.Knee Lifts, leg Kicks) and for heels touching the floor when performing Jumping Jacks and Lunges.

Controlled body movements (ie. the arms or legs must move in controlled movement patterns)

Exhale on effort of the exercise

### **Hand Positions:** Closed fist

Blades - Open Hand with closed fingers

### **Music** (*Aerobic music available from GO*)

Use upbeat dance music with a good strong beat

Select music with 4/4 time rather than  $\frac{3}{4}$  time (ie. waltz)

The music must not contain any inappropriate lyrics

Use **music speed** (tempo) that ranges from 120-150 bpm (beats per minute) depending on the skill level of the participant -

To find the bpm, count the number of beats for 10 seconds

## GENERAL GUIDELINES CONTINUED

To find the bpm, count the number of beats for 10 seconds (starting with 0, 1, 2.....) then multiply by 6.

### Helpful Teaching Tips

Always start on the downbeat (heavily accentuated beat)

Work with movement patterns of 16 or 32 beats of music

Work with the musical phrasing - 8 beats= a Bar, 16 beats= a Phrase)

Have participants snap fingers, tap toes, clap hands, etc. to develop an ear for music and rhythm

For training and/or introducing new choreography, use music at a slower tempo. As the skills improve, you can speed it up or use faster music.

**Leading** As an instructor when facing the class, lead all movements with the left leg and the class would be cued to use their right leg

**Safety Considerations** - To avoid the possibility of physical overuse and injury it is important that you adhere to recommended number of repetitions. The recommended number of repetitions are **no more** than: 16 repetitions when landing on two feet (max. 8 jumping jacks)

8 repetitions on one foot (max. 4 leg kicks)

Keep movement sequences simple when starting out or when creating aerobic movement patterns. You can vary a simple pattern by applying the following changes:

Directional - forward, backwards, side, diagonal

Intensity - Low Impact or High Impact

Speed - tempo, half-time (slow), double-time (fast)

Plane - limbs can move in a variety of planes - horizontal, vertical, circular

# Fitness Activities

## Ways to Incorporate Aero Gym

### Aero Gym Warm Up

#### **Aerobic Warm Ups:**

A great way to start your class and introduce the 7 Basic Steps of Aerobics. Begin or end your session doing repetitions of the 7 Basic Steps (16-32 counts of each). Change it up by adding  $\frac{1}{4}$  turns every 8 counts or add travelling forward, backward & circular for each Basic Step. Try out the Kick Start Warm-up to get things moving, then spice things up - add some arms and turn up the tempo for some Aerobic Heat! Additional Warm-up/Cooldown and Conditioning activities can be found in GO resource material "Gym Fit Challenge."

#### **WARM-UP #1      AEROBIC KICK START**

- ◆ Warm-up & practice the 7 Basic Steps      Music: 4/4 count – 120 bpm min
- ◆ The Kick Start Warm-up combines Low Impact and High Impact Basic Steps
- ◆ Scatter Formation or Rows – Follow the Leader who calls the count/Steps
- ◆ Arm Position is closed fists on hips throughout
- ◆ When learning routine- perform each step/part for 32 counts (maximum 8 Jumping Jacks – 8 Kicks) then with the recommended counts)
- ◆ Once familiar with the Basic Kick Start routine add the suggested arm movements or create your own arm movements
- ◆ Advanced variation – perform Basic Kick Start routine 4 times through

#### **Basic Kick Start Routine**

**\*2x 8 March** – On the spot- 16 counts R-L-R-L-R-L-R-L  
Closed Fists- Swing in opposition

**\*8 Step Side Touch**      - 16 counts R-L-R-L-R-L-R-L  
Fists on Hip  
(COUNT1-Step to Right with R foot-COUNT2-Close touch with Left foot Repeat on Left)

**\*8 March In Place** 8 counts R-L-R-L

**\*8 March Wide** 8 counts R-L-R-L  
Closed Fists—Swing in opposition

### **Basic Kick Start Routine (continued)**

**\*8 Hamstring Curls** (LI Jog) 16 counts R-L-R-L-R-L-R-L

(With feet apart Kick R leg back at knee – COUNT2 place R foot down Repeat on Left)  
Arms straight with Fists Down at sides on the Kick back-In front/Shoulder width apart/Parallel to floor

**\*4 Jumping Jacks** 8 counts In-Out-In-Out-In-Out-In-Out

Blades-Straight Arms at Sides on Feet Together

Str. Arms swing outward to V position when feet jump apart

**\*8 Back Lunges** 16 counts R-L-R-L-R-L-R-L

(Feet together COUNT1 –Lunge R foot Back COUNT2- Bring R foot beside L Repeat on the Left)

Arms straight with Fists Down at sides when feet together-In front/Shoulder width apart/Parallel to floor on the Lunge

**\*8 Knee Lifts (LI or HI)** 16 counts R-L-R-L-R-L-R-L

Left Hand touches Lifted R knee-R Arm extended to R side at shoulder height (Palm Down)

When switching lifted knee both arms are extended upwards and swung to opposite side

**\*4 Kicks (LI or HI)** 8 counts R-L-R-L

Closed Fists on Hips

**\*8 (Aerobic) Skips** 16 counts R-L-R-L-R-L-R-L

Blade Hands- When R leg is bent back both arms are bent with elbows pointing diagonally opposite (R elbow up) with R & L hands pointing towards each other

When R Leg extends forward both arms are opened & fully extended so hands are pointing diagonally opposite (R hand pointing up) Reverse Arms for L foot Skip

**\*8 – 16 Jogs (HI)** 16 counts R-L-R-L-R-L-R-L

Clap Hands to the beat as you Jog. Jog on the spot or in a circular pattern.

If in Row Formation use the Jog as a Leader transition to move the person at the front of the row to the back of the line.

## Conditioning Circuit:

Here's another idea to add to your bag of tricks when doing conditioning or when rotating to different stations or apparatus. The circuit can be done by a large group or if you already have a conditioning circuit or rotate to stations, you may want to try some of the tasks from this Aerobic circuit. Additional Fitness Circuits can be found in GO resource material "DPA The Gymnastics Way"

### AEROBIC CONDITIONING CIRCUIT

#### Aerobic Conditioning Circuit:

- ◆ To introduce the Four Aero Gym Element Groups from Stage 1 of the Can-Gym Aerobics Program
- ◆ To condition the basic components of Fitness/Gymnastics: (Strength/Power/Flexibility/Cardio)
- ◆ To introduce movement pathways/direction (forward/backward/diagonal/sideways/ circular)

This Conditioning Circuit is designed to achieve the above objectives and can be designed for 1 participate to large groups moving from station to station on the circuit. The activities/exercises in this circuit are suggestions as to what can be performed for conditioning depending on the specific goals desired.

There are 5 Conditioning Stations that can accommodate 2 - 4 or more participants at each station.

Station 1 is set up for using an entire 40 x 40 Floor Area but certainly can be modified for limited space. Adjust the set up of the stations based on the space available to you.

Create and design your own circuits and/or conditioning stations suited to meet your program needs. Try to encourage high energy cardio/ aerobic movement activities.

#### **Station # 1            Aerobic Conditioning**

Cones are set up in each of the 4 corners of the Floor Area.

Station 1 is the Control Centre - the participants at this station call the start & when they have done the Station 1 task 2x's they call the switch; thus they control the start & finish of all the other stations.

**Movement Sequence:** (Start at the centre of the Floor Area)

1. 4 - 4 count Burpees or 4 Jumping Jacks
2. Backwards Jog on the Diagonal
3. Circular Skipping around the cone
4. Sideways Grapevine (stepping in front then behind) or Side-stepping to next cone to the Right
5. Circular Skipping around the cone
6. Forward Jog Heel Kicks/Clap

Repeat the movement sequence twice. End with 4 Burpees or 4 Jumping Jacks. When everyone at this Station has completed the sequence twice they will yell "Switch" and each group moves to the next Station

**Station # 2**                      **Group C Jumps & Leaps**

Partner Straddle Lifts 4 X Switch 4 X

Individual Tuck-Star Jumps 8 counts

(Repeat Tuck-Star Jumps until "Switch" is called by Control Centre)

**Station # 3**                      **Group B Supports**

Right Side Support 8 counts

Left Side Support 8 counts

Double Leg Plank 8 counts or Hip Lift Support (8 counts)

(Repeat RS, LS, Double – 8 counts each until "Switch" is called.)

**Station # 4**                      **Group A Dynamic Strength**

Push Ups from the Knees 4 x

Pike/Tuck Jacks 4 x

Chest Push Ups 4 x

(Repeat the sequence PUK, Jacks, CPU – 4 of each until "Switch" is called.)

**Station # 5**                      **Group D Flexibility/Variou**

Sagittal Scale Squats 4 x Right leg

Sagittal Scale Squats 4 x Left leg

Supine Straddle Splits Until Switch is called

### **Can Gym Aerobic Program - Stage 1**—See Appendix.

The Can Gym Aerobic Program is a 6 Stage National program that targets the foundations of fitness through development of dynamic and static strength, flexibility, power and co-ordination. If you're needing ideas for exercises to put in a conditioning circuit or at a "while you wait" station, select exercises from Stage 1 of the Can Gym Aerobics program. It also provides a great evaluation tool for assessment and for recording and reporting progress. For clubs already involved in the ODP (Ontario Development Program) they may find the Can Gym Aerobics program a terrific fitness complement to their existing program.

### **8 Count Aerobic Sequence Task Cards** —See Appendix.

Struggling to come up with movement patterns and combinations that your group can learn for any type of individual or group routines? Looking for another cardio activity that can keep everyone moving and active while waiting a turn on an apparatus? Post some of the Aerobic Sequence Task Cards for your gymnasts/students to try. The pictorial 8 count task cards are samples of movement combinations that could be used in group routines, warm-ups or cool downs.

### **Aerobic Choreography Task Cards** —See Appendix.

Each Choreography Task Card lists 2 different Basic Steps. Get each gymnast/student to create their own 8 count Aerobic sequence utilizing both basic steps listed. This works well with older participants (preteens, teens and adults) who can incorporate the gymnastics and aerobic skills they've learned to create their own choreographed routine. Start with a sequence of 8 counts, add arms, travel patterns. Get them to lead & teach their sequences to others. In another session, partner up to create a 16 count routine; form a group of 4 for 32 count routine. Get the group to add elements like push-ups, jumps, leaps, splits, turns, a support hold, lifts and even tumbling. Pretty soon you have a group routine to perform at the end of the session (unit). Creating an Aerobic Group Routine is a great idea to engage large groups.

## CREATING A ROUTINE

### Creating an Aerobic Sequence

**Aerobic Choreography Task Cards**— Each card lists 2 different Basic Steps. Distribute an equal number of Blue (SKIP), Pink (JOG), & Green (MARCH) - one card for each person

OR

**The 8 Count Aerobic Sequence Task Cards**— See Appendix. (4 Colour-Coded Sequences on a Card) may be used in place of the Choreography Cards. These cards are more prescriptive and are recommended for younger participants or those who have difficulty getting started, creative or have been absent from classes. Assign 1 sequence per participant.

### **Create an 8 Count Sequence Routine:**

Each person creates an 8 count Basic Step routine based on the card instructions or description

- ✦ Practice the *Aerobic Sequence* to music 4/4 rhythm through repetition of the sequence
- ✦ Add arm movements to the sequence
- ✦ Rehearse the sequence travelling forward, backwards, circular

**Create an 8 count routine that moves/travels in at least 2 different directions.**

Participants can record their 8 Count Sequences on the Blank Task Cards

### Creating an Aerobic Group Routine

#### **Create an 8 Count Element Sequence:**

- ◆ Create an 8 count Dynamic Strength Element – PushUp/Sit-up
- ◆ Create a 4-8 count Element Turn AND Jump or Leap
- ◆ Create a 2 sec Hold/Support Move (Static Strength) + Transition 8 counts

Assign each person one of the 8 Count Element Sequences to create and add to their 8 count Aerobic Sequence routine.

**Get a Partner** Teach each other their sequence routine to combine & create a 16 count routine

OR

**Form a Trio** who have a different coloured task card Green+Pink+Blue

**Join another couple to form a Group of Four** – (at least 3 different coloured task cards Green+Pink+Blue represented in group)

Teach each other their Pairs Routine & combine

Decide the order/sequencing and transitions (placement of Element Groups)

Rehearse group routine in a

- i. Vertical Line
- ii. Diagonal Line
- iii. Circle Formation

**Final Performance Routine Suggestions:**

Create a definite Start & Finish position – show connection

Minimum of 2 different directions

Minimum of 2 different formations

Contains 1 Lift – could be in the routine or in Start or Finish

Must have minimum 1 Jump or Leap

Must have minimum 1 Turn

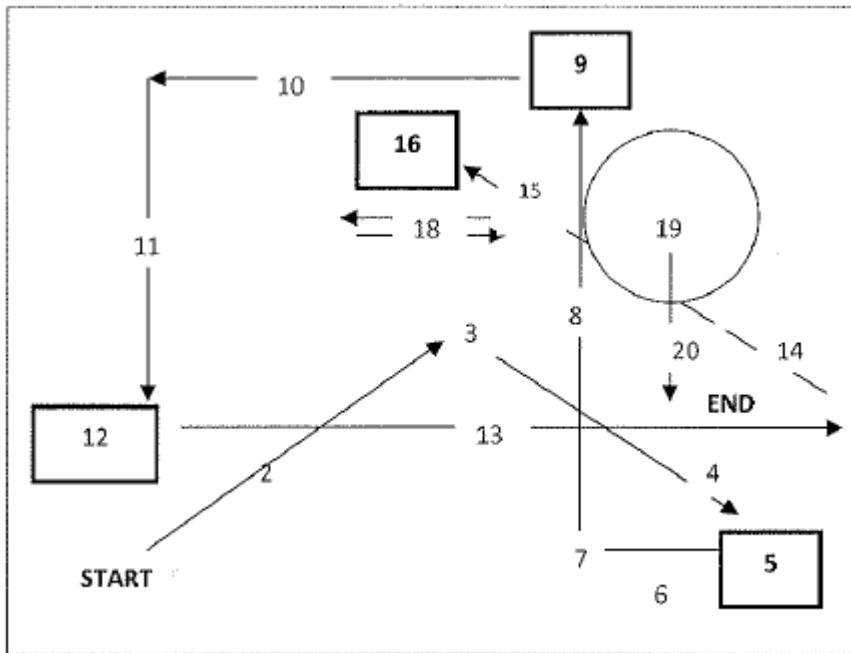
Must have minimum 1 Pushup or Situp

Must have minimum 1 Held (2 sec) Support Element

## Aero Gym Routine

Following is a ready-made routine. Learn and teach this Aero Gym Routine. Just follow the instructions – there is even a directional floor plan to follow. Find some funky 4/4 rhythm music to groove to. Each week/session teach a section of the routine. You can change and use different elements than the ones suggested, if you wish. Get the kids to show off their routines for each other, for their parents, club demos or even group competitions.

## Aero-Gym Routine I – Floor Plan of Choreography



### Key to Floor Plan:



*Direction, location or travel path*

### Suggested Elements (from Stage 1 CanGym Aerobics) -1 Skill from each Element Group

- #5 Seated (V- sit) Straddle Support
- #9 Jump  $\frac{1}{2}$  Air turn
- #12  $\frac{1}{2}$  Turn
- #16 Triceps Push up with knees on the floor

## *Aero-Gym Routine*

1. Optional opening position (8 counts)
2. 8 marches traveling backward (8 counts)
3. 4 Back lunges (8 counts)
4. 2 step Kicks traveling forward (4 counts)
5. **Preparation (4 counts) for seated V sit Hold (8 counts)**
6. Move into upright position for next element - use optional arm movement (8 counts)
7. 4 jacks (8 counts)
8. Backward jog (8 counts)
9. **4 count preparation for ½ rotation air turn (4 counts)**
10. 2 right grapevine hop together (8 counts)
11. Moving forward, Step L, step R, L leg side, side (8 counts) repeat on right (8 counts)
12. **½ Turn (4 counts)**
13. 4 knee lifts front (8 counts)
14. 4 skips frontal plane(8 counts)
15. Side slide to floor, roll over into preparation position (8 counts)
16. **Triceps Push Up, knees on floor (8 counts)**
17. Move into upright position – use arm movement (8 counts)
18. 2 Right low impact squats , kick, kick (8 counts) Repeat left
19. Forward jog in circle pattern (8 counts)  
Left Mambo step, pivot (8 counts), side lunge, side lunge (4 counts). Repeat on Right into closing position

### What's Next:

- A. Recreation— Circuits for Conditioning, Stations as part of your recreation circuit, Fitness Recreation Program for kids or adults, Demo Shows, General Fitness Program for Parents, Incorporate Aero Gym into related programs (Cheerleading, Acrobatics, Martial Gym, Rhythmic Gymnastics), Can-Gym Program for Assessment and Evaluation.
- B. Interclub Competitions—rules incorporate Aero Gym and basic gymnastics and tumbling (contact GO for more information).
- C. Provincial Competitions (contact GO for more information).
- D. National Championships—can lead to participation in World Cup and World Championships
- E. Incorporate into school programs to meet Curriculum requirements—OFSAA High School Competitions (contact GO for more information).

## *Resources and Contacts*

For further information about Aero Gym, Can-Gym Aerobics Program, OFSAA Aerobics Gymnastics or workshops & resources, you can contact:

**Gymnastics Ontario**- 3 Concorde Gate, Suite 214

Toronto, M3C 3C6 **1-866-565-0650 (416-426-7100)**

[www.ogf.com](http://www.ogf.com) Fax **416-426-7377**

**Doug Shirton** - Program Manager – Aerobic Gymnastics  
Gymnastics Ontario [www.ogf.com](http://www.ogf.com)  
**dshirton@ogf.com (416-426-7104)**

**Lynne Smiley** - **bsmiley25cogeco.ca**  
AG Educational Development Lead - Gymnastics Ontario  
OFSAA SAC Girls Gymnastics – AG Advisor

## *REFERENCES*

Aerobic Gymnastics Specialist  
Course Manual, Gymnastics Ontario, November 3, 2007

Sports Aerobics Teachers Resource Pack, British Gymnastics, 2000

Aero Kids Aerobics Manual, Australia Gymnastics Federation, 2000

## *ADDITIONAL RESOURCES*

DPA The Gymnastics Way,  
Gymnastics Ontario

Gym Fit Challenge 2007, Gymnastics Ontario

FIG Aerobic Gymnastics Code of Points, Federation Internationale de Gymnastique, <http://www.sportcentric.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-navlist,00.html>

## *ACKNOWLEDGEMENTS*

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### **Program Managers:**

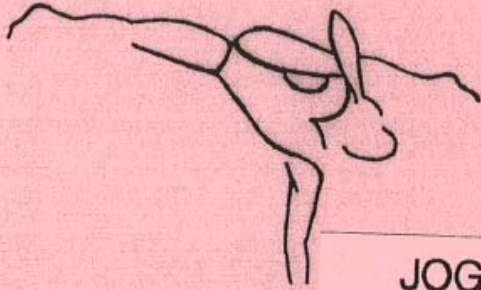
Dianna Flynn-Knapp, Maxine Mackenzie, Doug Shirton,

# Appendix

- ◆ Choreography Task Cards
  - ◆ Eight Count Aerobic Sequence Task Cards
  - ◆ Description of the 7 Basic Steps
  - ◆ Stage 1 Can-Gym Aerobics Program
  - ◆ Stage 1 Can-Gym Aerobics Progress/Evaluation Sheet
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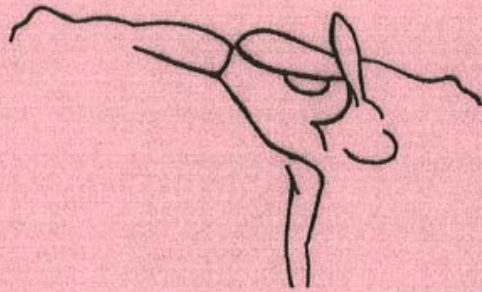
# AEROBIC CHOREOGRAPHY CARDS

## *Jack*



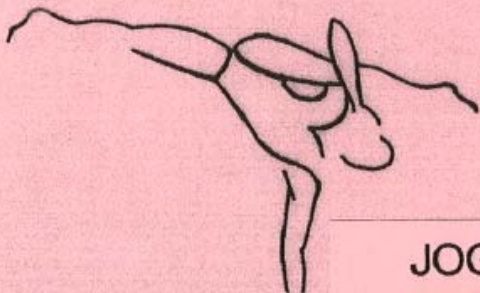
JOG

## *Lunge*



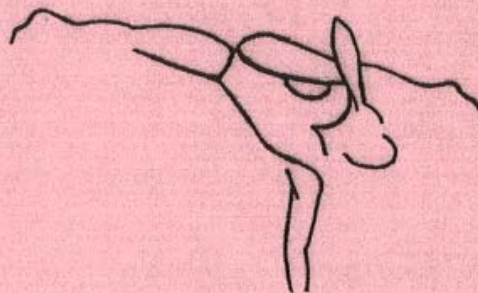
JOG

## *Knee Lift*



JOG

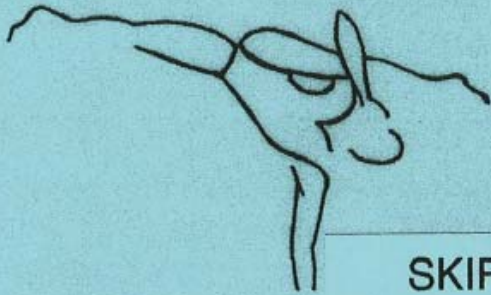
## *Kick*



JOG

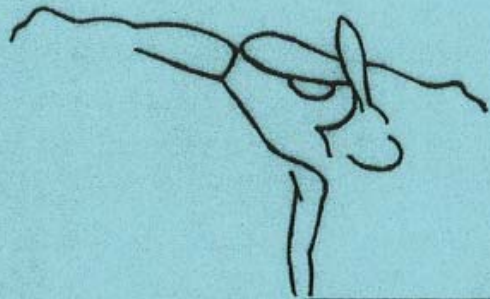
# AEROBIC CHOREOGRAPHY CARDS

***Jack***



SKIP

***Lunge***



SKIP

***Knee Lift***



SKIP

***Kick***



SKIP

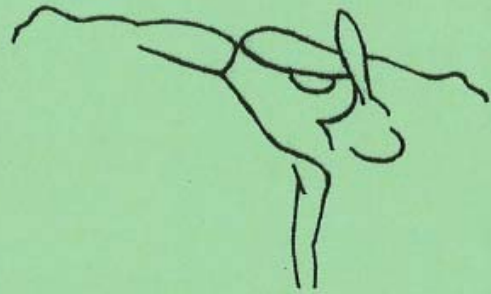
# AEROBIC CHOREOGRAPHY CARDS

***Jack***



MARCH

***Lunge***



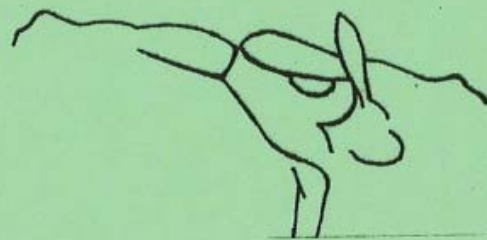
MARCH

***Knee Lift***















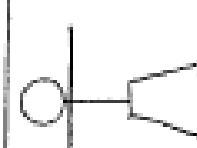

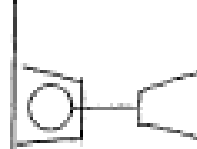




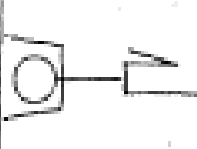



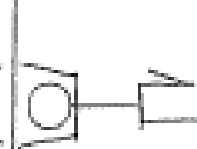








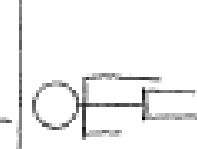

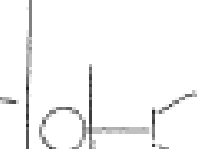

MARCH

***Kick***



MARCH

# AEROBIC 8 COUNT SEQUENCE CARDS

Counts:	1	2	3	4	5	6	7	8	
									
									
									
									

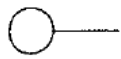
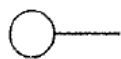
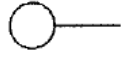
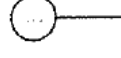



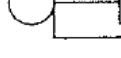
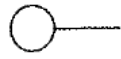
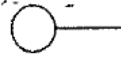
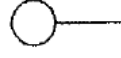
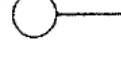



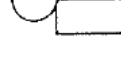
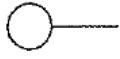
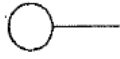
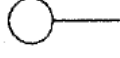
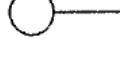



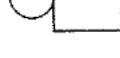
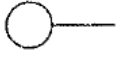
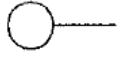





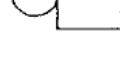
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Stick Figure 2								
Stick Figure 3								
Stick Figure 4								

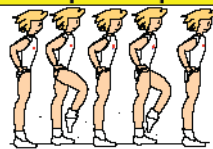
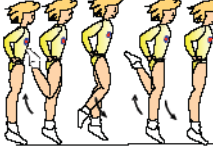
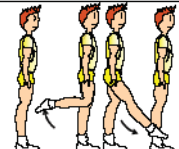
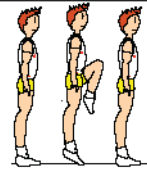
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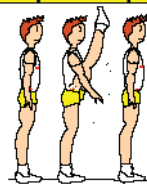
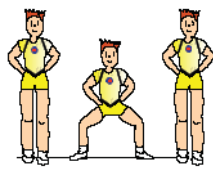
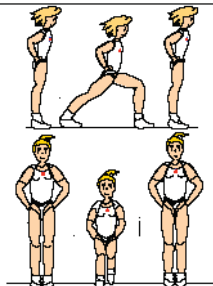
TRIAL

# AEROBIC 8 COUNT SEQUENCE CARDS

Counts:	1	2	3	4	5	6	7	8
								
								
								
								

• DESCRIPTION OF THE BASIC STEPS

Name	Description	Optimal Step
<b>March</b>	<ul style="list-style-type: none"> <li>Leg is bending in front of body: Hip and knee flexion.</li> <li>Ankle shows clear movement, toe-ball-heel.</li> <li>Total movement is upwards, not downwards.</li> <li>Upper body is erect with neutral spine, natural alignment.</li> <li>Upper body shows core strength, no co-movement upwards-downwards or forwards-backwards.</li> <li>Amplitude: From neutral position to full plantar flexion of ankle, 30-40° flexion in hip and knee</li> </ul>	
<b>Jog</b>	<ul style="list-style-type: none"> <li>Lower leg is lifted maximally backwards to the gluteus.</li> <li>Neutral hip or slight hip flexion or extension (+/- 10°).</li> <li>Knee flexion.</li> <li>Ankle is showing plantar flexion at top position.</li> <li>Feet show controlled movement, landing toe-ball-heel.</li> <li>Upper body is erect with neutral spine, natural alignment.</li> <li>Amplitude: Neutral position to 0-10° hip extension, 110-130° knee flexion, full plantar flexion</li> </ul>	
<b>Skip</b>	<ul style="list-style-type: none"> <li>Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to set of a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip.</li> <li>Movement is seen in both hip and knee.</li> <li>Muscle control is shown through all of the movement. Lower leg is stopped by the quadriceps.</li> <li>Upper body stays erect with neutral spine, natural alignment.</li> <li>Amplitude: From neutral hip to 30-45° flexion, from full knee flexion to complete extension</li> </ul>	
<b>Knee lift</b>	<ul style="list-style-type: none"> <li>Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints.</li> <li>When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion.</li> <li>Elevated Ankle can be dorsal or plantar flexed but muscle control must show.</li> <li>Standing leg is straight, maximum knee/hip flexion is approx. 10°.</li> <li>Upper body stays erect with neutral spine, natural alignment.</li> <li>Amplitude: From neutral position to minimum 90° flexion in hip and knee of working leg.</li> </ul>	

Name	Description	Optimal Step
<b>Kick</b>	<ul style="list-style-type: none"> <li>Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°.</li> <li>Only movement is hip flexion. Leg is straight – knee joint is showing no movement.</li> <li>Ankle is plantar flexed throughout movement.</li> <li>Standing leg stays straight, maximum knee/hip flexion approx 10°.</li> <li>Upper body stays erect with neutral spine, natural alignment.</li> <li>Amplitude: From neutral position to 150-180° hip flexion in working leg. Knee shows full extension throughout movement.</li> </ul>	
<b>Jack</b>	<ul style="list-style-type: none"> <li>A hop out and in with legs bending. Natural outwards rotation in hip joint.</li> <li>Landing is with feet further than shoulder width apart, knees and feet point outwards.</li> <li>Controlled but powerful take off and landing. Precise and controlled movement of ankle and foot – toe-ball-heel action.</li> <li>Hopping in: Feet/heels together, toes point forward (preferred) or outward.</li> <li>Upper body is erect with neutral spine, natural alignment.</li> <li>Amplitude: From neutral position to approx shoulder width plus 2 foot lengths apart with 25-45° flexion in hip/knees (more if in super low or low with grand plié position)</li> </ul>	
<b>Lunge</b>	<ul style="list-style-type: none"> <li>Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane.</li> <li>Heels are lowered with control.</li> <li>Feet stay in sagittal plane. Whole body moves (side to side) as a unit.</li> <li>Low impact: Body slightly forward (front leg is weight bearing), straight line from neck to heel.</li> <li>High impact: Legs are hopping, alternating, in the sagittal plane in a cross county skiing motion.</li> <li>Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes).</li> </ul>	

## Aerobic Gymnastics Can-Gym Program - CanMove Progression

### CanMove Progression Chart

- ♣ 120 beats per minute
- ♣ Elements must follow beat of music



Stage	Element	Description	Minimum Requirement	✓					
1	March	Toe-ball-heel locomotion The right leg lifts upwards towards the chest, knee bends to at least 90°. Right leg returns to ground. Repeat on the left leg. 2 beats of music to complete. Variations: eg. v-step, grapevine, step touch, heel dig	Body, keeps up straight, good posture. Knee bends to 90°	✓					
1	Jog	Knee flexion Lift each leg up towards the gluteus. 2 beats of music to complete. Knee flexion to extension Right leg kicks directly out to the front of the body approximately 30 cms. above the ground. As the right leg returns the left leg prepares to kick by drawing upwards behind the body. The left leg then kicks out in front. 2 beats of music per leg to complete. Variation: side kick option	Correct Posture Over 90° knee flexion						
1	Skip	Extension of one hip. Flexion of the other with a knee flexion (eg. front, side, traveling) Right leg pushes backwards behind the body with the ball of the foot making contact with the ground. The entire sole of the foot eventually becomes in contact with the ground as the leg puts more weight down. Right leg returns to start position. Repeat on left leg. 2 beats of music to complete Abduction of the hips (eg. cross jack, sideways moving)	Correct Posture Full extension of the leg						
1	Lunge	Flexion of the hip to at least 90 degrees with knee flexion (eg. cross, front, side) One leg lifts towards the chest. Once the leg has returned the other leg lifts Flexion or abduction of the hip to at least 90 degrees Variation: side, front Seven basic steps in time with the music, eight times for each step.	Correct Posture Front knee directly over top of the lunging (bent) leg						
1	Jack	Abduction of the hips (eg. cross jack, sideways moving)	Knees over top of the ankles Well-bent knees						
1	Knee lift	Flexion of the hip to at least 90 degrees with knee flexion (eg. cross, front, side) One leg lifts towards the chest. Once the leg has returned the other leg lifts	Knee at waist height						
1	Kick	Flexion or abduction of the hip to at least 90 degrees Variation: side, front Seven basic steps in time with the music, eight times for each step.	Correct posture Raised leg straight						
1	March, Jog, Skip Kneelift, Kick, Jacks & Lunge (8 BEATS OF EACH)	Seven basic steps in time with the music, eight times for each step.	Minimum execution requirements above in time with the music						
1	(8 beats of each of the seven basic steps, 2 ¼-turn direction changes/facings)	Seven basic steps in time with the music, plus two quarter-turns.	Minimum execution requirements above in time with the music						
1	Combine 3 of the 7 basic steps in combination 16 beats	16 beats = 1 sequence.	Minimum execution requirements above in time with the music						
1	7 Basic steps in patterns	March in circle, jog diagonally, skip backwards, kick's traveling, knee lifts, turning, jacks moving sideways, lunge combo	Minimum execution requirements above in time with the music						

## Aerobic Gymnastics Can-Gym Program - Static Progression

### **Static Progression Chart**

- ♪ These elements demonstrate isometric strength and all elements must be held for 2 seconds.
- ♪ The body is fully supported by one or both arms and only the hands are in contact with the floor (advanced element)
- ♪ Feet and or hips must not touch the floor during a whole skill.
- ♪ While in support, the palm of the hands must be flat on the floor.



Stage	Element	Description	Minimum Requirement	✓
1	Front support	In a pushup position where the head is aligned with the spine. Feet are together. Shoulders are overtop of hands.	Body alignment Hold for 2 seconds	
1	Rear support	In support on the hands and feet while supine. The head is aligned with the spine and the body is tight. Shoulders are overtop of hands.	Body alignment Hold for 2 seconds	
1	Sagittal Scale	A balance where the body is supported on one leg. The trunk is forward. The arms are to the side pointing towards the feet or forward. The free leg is parallel to the floor.	Body alignment Hold for 2 seconds	
1	Seated straddle support	Seated but with legs up in straddle position for 2 seconds Hands behind back	Feet 10cm off floor Minimum 90° straddle Straight legs	
1	Seated straddle support 1 leg raised	Seated but with 1 leg up in straddle position for 2 seconds Hands behind back	Feet 10cm off floor Minimum 90° straddle Straight legs	

## Aerobic Gymnastics Can-Gym Program - Dynamic Progression

### *Dynamic Progression Chart*

- ♫ Starting and/or finishing position: one or both hands are in contact with the floor, elbows extended.
- ♫ Flexion of elbows: All pushups must have a maximum distance of 10cm. from the chest to the floor in the downward phase of the pushups.
- ♫ The downward and/or upward phase of a pushup must be controlled with shoulders square to floor.
- ♫ Control the lowering and the pressing phase. Avoid "locking" the elbows.
- ♫ Straddle position in legs is shoulder width apart.



Stage	Element	Description	Minimum Requirement	
1	Triceps pushup/with knees on floor	1) Starting position: Front support with knees on floor. 2) Perform downward and upward motion phase where the elbows point towards the feet. 3) Ending position: Front support with knees on floor.	10 cm. from floor. Neutral spine and correct body alignment.	√
1	Squat to front support	Start in a low squat position, hands on thighs. Place hands on floor as legs shoot back into front support.	Correct body alignment	
1	Free Fall from knees	Beginning on knees, maintain spinal alignment. Arms slightly bent, wrists flexed. Fall forward onto hands. Absorb the landing onto the hands. Finish in a knee pushup	Correct body alignment	
1	Straddle Pushup	1) Starting position: Front support with straddle legs. 2) Perform downward and upward motion phase where the elbows point towards the feet. 3) Ending position: Front support with straddle legs.	10 cm. from floor. Neutral spine and correct body alignment.	

## Aerobic Gymnastics Can-Gym Program - Jumps Leaps

### Jumps and Leaps Progression Chart



- ‡ All elements in this group must demonstrate explosive power and maximum amplitude.‡
- ‡ There must be perfect alignment when landing
- ‡ Body positions while airborne must be clearly recognizable

Stage	Element	Description	Minimum Requirement	✓
1	Air Jack	Begin from slightly bent knees with arms just behind hips. Use arms during lift phase to aid height in the jump. Maintain spinal alignment. Do not allow lower back to arch at top of jump. Use the feet and extend through the ball of the foot during take-off. Open legs to 90° angle. Aim to match hip angle with shoulder angle.	Must be airborne	
1	½ Air Turn (Jump half turn)	<ol style="list-style-type: none"> <li>1) A two-foot take off jump with the body in a vertical position, fully extended.</li> <li>2) While airborne, the body turns 180°.</li> <li>3) Land with feet together.</li> <li>4) Optional position of arms.</li> </ol>	Body in a vertical position, fully extended. While airborne, the body turns 180°.	
1	Hitch Kick	<ol style="list-style-type: none"> <li>1) A one foot take off kick with lead leg in a "develope" with knee bent. (flexion/extension)</li> <li>2) While airborne, the rear leg performs a high leg kick.</li> <li>3) Land on the foot of the lead leg.</li> </ol>	Minimum 90 at the hip in the high leg kick	
1	Straight jump	Begin all jumps from slightly bent knees with arms just behind hips. Use arms during lift phase to aid height in the jump. Maintain spinal alignment. Do not allow lower back to arch at top of jump. Use the feet and extend through the ball of the foot during take-off. Absorb through the feet, knees and hip flexion during landing.	Maintain spinal alignment. Correct landing technique (toe, ball heel) Body must be airborne.	
1	Stride leap	A two step take off where the lead leg extends forward to leap into the air. As the athlete progresses the stretch between the legs is extended.	Distance traveled should be minimum of 3ft.(79 cm.). Straight legs are required. 90° split position	

## Aerobic Gymnastics Can-Gym Program - Balance Flexibility

### Balance and Flexibility Progression Chart

- ♪ A correct alignment must be used in all skills.
- ♪ Body positions must be clearly recognizable.
- ♪ Legs must be straight.
- ♪ All exercises requiring turns or twists must demonstrate complete rotations.



Stage	Element	Description	Minimum Requirement	✓
1	½ turn	A balance on one leg while turning 180°.	180° turn Turn on ball of foot	
1	Incomplete split - straight legs	Beginning in a lunge position, straighten lead leg so that a split position is performed. Extend both legs, maintaining hips square to the floor.	160° split	
1	Seated fan kick	From seated, one leg crosses in front of the support leg, rotates in a full circle with a straight leg in front of the body.	Free leg must reach shoulder height	
1	X-Scale, at 90 degrees	Star stand, with trunk flexion at 90 degrees.	Hold for 2 seconds	
1	Straddle (passive)	Seated in a straddle position, arms are extended over the legs as far as they can go.	20 cm from the floor	
1	Stride hold	Hips are square, legs greater than 90 degree split, legs straight	Legs greater than 90 degree split	
1	Supine straddle	The body is in an extended supine position. Both legs are lifted and straddled towards the head. The legs should be close to the chest. The arms are extended over the head and holding the legs. Both legs are straight, show a full straddle position.	Minimum 90° straddle leg	

# AEROBIC GYMNASTICS CAN-GYM PROGRAM



**Athlete:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

<b>STAGE ONE</b>						
CanMove (Dance)	CanDynamic Group	CanStatic	CanJump & Leap	CanBalance/ Flexibility & Turn	Completed Date Dd/mm/yy & notes	
March	Triceps pushup/with knees on floor	Front support	Air Jack	Half Turn		
Jog	Squat to front support	Rear support	½ Air Turn (Jump half turn)	Incomplete split - straight legs		
Skip	Free Fall from knees	Sagittal Scale	Hitch Kick	Seated fan kick		
Lunge	Straddle Pushup	Seated straddle support	Straight jump	X-Scale, at 90 degrees		
Jack		Seated straddle support 1 leg raised	Stride leap	Straddle (passive)		
Knee lift				Stride hold		
Kick				Supine straddle		
March, Jog, Skip Kneelift, Kick, Jacks & Lunge (8 BEATS OF EACH) (8 beats of each of the seven basic steps, 2 ¼-turn direction changes/ facings) Combine 3 of the 7 basic steps in combination 16 cts						
7 Basic steps in patterns (march in circle, jog diagonally, skip backwards, kicks traveling, knee lifts turning, jacks moving sideways, lunge combo)						
<i>Coach's Signature</i>	<i>Coach's Signature</i>	<i>Coach's Signature</i>	<i>Coach's Signature</i>	<i>Coach's Signature</i>	<i>Coach's Signature</i>	

Comments: N=Needs Improvement S=Satisfactory

F= Fair G=Good

E=Excellent



# Aero Gym

## SPECIAL POINTS OF IN- TEREST:

- Introducing Aero Gym Programs
  - What is Aero Gym
  - Content
  - Appendix
  - General Guidelines
  - Resources and contacts
  - Next Steps
- ◆ Recreational Group Activity for All Ages
  - ◆ Innovative Ideas to Enhance Your Recreational Programs or Curriculum
  - ◆ Easy to Incorporate into Existing Programs
  - ◆ Maximize Development of Core Strength, Flexibility, Power & Endurance
  - ◆ Learn to Create Exciting Warm-ups & Aero Gym Routines
  - ◆ Introduction to Can-Gym Aerobics Program
  - ◆ Group Demo's & Competitive Opportunities

Fun ◆ Fitness ◆ Fundamentals

Creative ◆ Innovative

