

# Kardio Kick

By New Heights Fitness



**Kardio Kick** is an exciting aerobic exercise program designed to give it's participants a fun way to exercise while shaping and toning their bodies. Following are a few suggestions on how to get the most out of your time with us.

**\*If you are currently experiencing health issues that require treatment or monitoring by a physician, check first with your doctor if this program is appropriate for you.**

**Smile** Everything is more enjoyable when we approach it with a smile and positive attitude. It will make you feel better, and those around you.

**Laugh** Always be ready to laugh, because quite simply, life can be funny. You will feel awkward at times and will make mistakes. Don't worry, so will everyone else. Be ready to laugh at yourself and with others.

**Be Patient** If you have never experienced Kardio Kick, things will seem difficult at first. Be patient, after a class or two the movements will become easier. Don't expect your body to change overnight, we didn't get to our current condition in a week. As you train, you will see, and feel the changes.

**Be Realistic** Kardio Kick, like most programs will change your body. Sometimes not in the way you are thinking. If it is weight loss you are after, don't be surprised to find this comes slower, but as you exercise you will develop your muscles (which weigh more) which will cause changes to your shape. Tightening of muscles will result in smaller sizes in those areas you feel may be a bit too large.

**Know Yourself** No one knows what you are currently going through. If you have health issues, or areas of discomfort and doing a particular exercise causes you pain, don't do it. Maybe find a similar exercise or simply an easier version. The key thing is to do something. Don't hurt yourself.

**Start Small** Many of the exercises utilized in Kardio Kick are Big in nature, but doing them "Big" when learning can confuse and frustrate you. Do small movements until you can get the feel of the rhythm and then increase the size or height. Example: When kicking we should not kick above the waist, but to a beginner this may be difficult and by trying to do this they will lose balance and the rhythm. Start by kicking even ankle high and as you feel comfortable, raise the height.

**Build Big** Once you become familiar with the movements of Kardio Kick, increase all of your movements. Reach further on punches, raise your kicks (don't go above the waist), twist your torso, crunch your abs when possible, and find as many ways as you can to increase your motions. Simply stated, "to lose it, you need to move it". The more you move, the more you benefit.

**Be creative** As long as our members are not modifying combinations and exercises where they distract other participants, be creative. If we are doing a "lunge kick" and your arms are basically standing still, start punching with your arms as you kick.

**Be Faithful** Any exercise program requires us to be faithful in doing it. We realize life is hectic and finding the time is not always easy, but try to exercise regularly. If not in our classes, do it at home.

**Ask** If you are having problems with any particular combination, be sure to ask your instructor prior to, or right after class. They will be glad to help you conquer your problem area.

# Kardio Kick Terminology

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Following are terms you will frequently hear during your class.

**Jab** A jab is a punch done with whatever hand is in front. If you are standing with your left foot in front (towards the object you wish to strike), a jab would be a punch with your left hand.

**Cross** A cross is a punch done with the hand that is farthest away from the object you are striking. If you are standing with your left foot in front, a jab would be done with the left hand, but a Cross would be done with the right hand. An easy way to remember is that a "Cross" punch needs to Go "A-Cross" your body.

**Hook** A hook is a punch that is done with the elbow bent at 90 degrees and thrown on a horizontal plane. A hook is used to strike the "side" of any object in front of you. Example: If you are standing face to face with another, a hook punch with the right hand would strike the other person in their left ear. A hook generally requires that you twist your body to reach the object.

**Uppercut** Often called "uppers". Similar to a Hook Punch, the Uppercut is done with the elbow bent at 90 degrees. While a Hook travels on a horizontal plane, the Uppercut travels on a vertical plane. Example: If you are standing face to face with another, an uppercut with the right hand would start low in the center of the other person's body, and travel straight up. Think about how a zipper on a jacket works. You start low, and travel right straight up to the chin.

**Kicks** We utilize a variety of kicks. Following are the most common. Remember, don't kick above the waist. Start by kicking softly until you get comfortable with them.

**Front Kick** Kicks that go straight in front of you.

**Round Kick** Similar to the "Hook Punch". Generally done with the back foot. Knee comes up and goes over an imaginary object and rotates all the way to the front until the knee is pointing at the object you wish to strike. Once on target, the foot kicks out on a horizontal plane to the side of the object.

**Side Kick** The side kick is just that, a kick that goes to your side. Try to pivot your foot on the floor in the direction of the kick.

Other techniques and movements are used, but you will find them easy to understand and entering them here would not be of much benefit. Have Fun