

Yoav Avidar – International Fitness Presenter

Mind Body Stability Ball Challenge!

Warm up

The warm up is build up as a repetitive sequence that evolves linearly. The warm up includes dynamic and atatic movements for increasing the body temperature and combines joint mobility and light stretches preparing to the main part of the workout.

Standing sequence

1. Stand straight, R leg steps on the ball – balance and perform knee extension / flexion, add spinal rotation.
2. Place the shin on the ball (second position plie' variation) – perform hip adduction, at the end of the set stay low, disconnect the heel and add a spinal rotation.
3. Take the leg off the ball and extend it back, both arms on the ball – draw 1/2 a circle with the leg from hip extension to abduction.
4. Go into a deep lunge – the arm on the same side as the back leg stays on the ball – perform a set of 8 reps' of one arm pushups.
5. Place the forearm on the ball and go into a plank.
6. Transfer the ball under the inner thigh same side.
7. Perform a spine rotation.
8. Bend the knee in the extended leg and place it of the mat. Disconnect the knee keeping 90 and a neutral spine (optional full disconnection of the leg off the floor.
9. Transfer the ball arms and shift the weight back for a modified pyramid stretch.

- **Repeat the sequence to the other side**

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Sitting sequence

1. Sitting on the ball – practice PPT / APT and then stay in PPT. open one arm at a time to oblique crunch.
2. Role into a bridge position – perform a set of hip extensions and then stay for a balance / strength challenge disconnecting one foot at a time off the floor.
3. Lower into positive incline sitting – perform hip and knee flexion holding one leg off the floor supporting with the opposite arm on the floor. Combine hip & shoulder adduction.
4. Roll back lying on the back – perform a set of eccentric crunches.
5. Roll up to sitting position – slide into back support on the arms, perform a set of Triceps deeps.
6. Sit in a "Yoga warrior II" modification – perform a spine side flexion and at the end of the set hold balance by disconnecting the back leg (perform both sides).

Mat sequence

1. Sit on your knees both forearms on the ball – practice shoulder extension and then shift weight forward into a plank modification + lever length Layer.
2. Straight arms on the ball (modified "all 4") – disconnect one leg and balance.
3. Face forward, ball on your side and the forearm on the ball – perform hip abduction, add upper arm horizontal adduction (power and speed).
- Repeat the last exercise on the other side
4. Lay on your back both legs on the ball – perform hip extension then do the same feet on the ball and adding hams' curls.
5. Hold the ball between the legs – perform knee extensions and then go into the "side to side" exercise.
6. Both legs on the ball – perform a "Roll up" in to "Teaser" variation and continue into a back support.
- Relaxation and a slow transition to standing position.

Enjoy ☺

This session is available on DVD!
Please go on www.yoavavidar.com
And look for "Mind Body Stability Ball Challenge"

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Block	Choreography	Base move
A+	Straddle hip shake (r,l), pivot (r), mambo (r) face back	Repeater x 4 hams' + march...
	1-2 3-4 5-6	
B+	Twist (r) back, side mambo (l), walk cross	
	7-8 9-10 11	
C+	2 x mambo behind(r,l), chassee(l) back,mambo chassee(r)	
	12-18 19-20 21-24	
D	Step tap (l)arm up+hold, walk x2 (r,l)	
	25-26 27-28	
	Step tap (l)arm up+hold, walk x2 (r,l)	
	29-30 31-32	

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the repeater curl a profile position.
2. Layer the 4 curls to 3 straddle marches + 1 x hams; curl.
3. Layer the march after the curl to a lead leg change to mambo.
4. Layer the curl to mambo + twist back.
5. Layer the count 3-4 marches to pivot, the mambo faces back and the twist takes us to front, last mambo goes to the side.
6. Add on 16 marches.
7. Layer the marches to a front walk cross into 2 x mambo behind.
8. Travel back with the marches and travel front.
9. Layer a rhythm change on the marches into chassee back and a mambo chassee front.
10. Layer the marches into a 2 x step tap + 2 march.

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Combination 3:

Block	Choreography	Base move
A+	2 x double slide (r,l) L-shape, walk (r) to mambo (l)	4 x grape vine + 8 x march + 2 x double hams'
	1-8 1-4	
B+	Profile step forward (r) & "drop", roll up slow, mambo (l)	
	5-6 7-8 1-2	
C+	Tap back (l) wave freeze, ball change travel back	
	3-4 5	
D	Mambo back x (r,l)	
	6-10	
	180 spin, V step (l)	
	11-12 13-16	

Everything with the opposite leading leg!
Split!

Choreography progression (The "journey"):

1. Cut the pattern of the 4 grape vines... to 1/2 and get 2 x grape vine + 4 x marches + double hams'.
2. Layer the g.v to double slide each side.
3. Add on 16 marches.
4. Layer the double hams' to a front double knee.
5. Layer the 4 marches before the double knee in a walk to mambo.
6. Layer the double knee to a step front freeze + mambo front (using the back leg).
7. Layer the freeze to a "drop" and a slow roll up.
8. Travel back with 4 x marches to a mambo back.
9. Layer a rhythm change on the march back to tap wave freeze + ball change travel back.
10. Layer the marches 2 x mambo behind and 180 spin.
11. Layer the last 4 marches into a V step.

**For convention and event booking please contact me
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Born to Dance

Combination 1:

Block	Choreography	Base move
A+	Toe tap (r), switch to (l) and freeze, mambo back (l)	Double hams' + 12 march Add on: 2 x grape vine + 8 x march
	1 2-4 5-6	
B+	Kick ball change (l) to side mambo (r)	
	7 8	
C+	Step (l) cross over with (r) to tap & flick, walk cross front	
	9-12 13	
D	Step mambo behind (r), 2 x double slide (l,r) – arms circle	
	14-16 1-8	
	2 x hip shake (l,r), triple box step circle around (l)	
	1-2 3-8	

Everything with the opposite leading leg!

Choreography progression (The "journey"):

Layer the double hams' into a rhythm taps and the march into a mambo back. Keep layering the march to the kick ball change and then add the foot pattern of the side cross side mambo and then the second side mambo will become a tap & flick.

Add on 2 x grape vine + 8 x March and layer the grape vines into 2 x double slide. Add the arms and then layer the marches into 2 x hip shake and a travel in a circle shape.

Combination 2:

Block	Choreography	Base move
A+	Mambo back (r), diagonal chassee cross back (r)	2/3/2 hams' Chassee cross/3/2 Add on: 16 x march When putting 1+2 together add a mambo back at the start of # 2
	1-2 3-6	
B+	Step (l) forward (profile) freeze – arms V up/down	
	7-8	
C+	Ball change legs switch to step mambo behind (l)	
	1 2-4	
D	Step touch (r) freeze – arm slide over arm	
	5-8	
	Tap back (l) wave, ball change travel back x3 mambo back	
	1-2 3-8 9-10	
	2 x pas de bourree (r,l), mambo back (l)	
	11-14 15-16	

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Choreography progression (The "journey"):

Layer the first rep' x 3 to a mambo chassee cross back. Layer the second rep' straddle freeze and then add the rhythm change and travel (ball change switch to mambo behind). Layer the double hams' to a step touch freeze, add a leg slide in and arms.

Layer the marches and travel walking back to mambo behind and change the rhythm to the tap back wave and the 3 ball changes.

Finally change the marches into the pas de bourree mambo back.

Combination 3:

Block	Choreography	Base move
A+	Spin front, up knee kick (r) down to mambo x 2 (l,r)	12 x march + double hams' Add on: 16 x march
	1-2 3-4 5-10	
B+	Open (r) and cross (l) over (r), slow twist 360	
	11-12 13-16	
C+	Arabesque (l) to knee (r), side mambo (l) to box step	
	1-2 3-4 5-8	
D	Step back (l) tap freeze, walk x 1 forward	
	1-3 4	
	2 x slow straddle steps (l,r) – look side	
	5-8	

Everything with the opposite leading leg!
Split!

Choreography progression (The "journey"):

Layer the 12 marches and travel forward (2 counts), then change into the knee + kick and the 6 points mambo. Change the double hams' into rep' x 3 curls. Layer into a step cross front freeze and then add the slow 360 twist.

Change the march into 2 x step knee and then create the travel changing the second knee into an arabesque.

Layer the rest of the march into the side mambo + box then add the tap back freeze and finally change the last 4 counts of marches into 2 x slow straddle.

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Fame

Combination 1:

Block	Choreography	Base move
A	V (r) to step touch (l) pose, double slide (r)	4 x march + grape vine Add on: 16 marches layer the mambos and add the rhythm
	1-4 5-8	
B	Walk (l) to mambo (r), mambo (l), spin 180	
	1-8	
C+D	2 x step mambo behind (l,r), spin 180, up knee (r)	
	1-6 7 8	
	Hip pose (r) chassee (l) back, mambo (r) back, chassee (r)	
	1-2 3-4 5-6 7-8	

Everything with the opposite leading leg!

Combination 2:

Block	Choreography	Base move
A+B	Step double twist (r), mambo (l) forward	Double hams' + march... Add on: 4 x step touch + 8 x march Change the order and layer.
	1-4 5-6	
	2 x slow straddle walk back (l,r), mambo (l) back	
	7-10 11-12	
C+D	2 x kick ball change (l)	
	13-16	
C+D	2 x step tap (.l,r), spin 360 to profile straddle pose (wave)	
	1-4 5-8 9-12	
	2 x step touch (l,r) back to front	
	13-16	

Everything with the opposite leading leg!

Combination 3:

Block	Choreography	Base move
A+B	Arabesque (r) pendulum to mambo (l)	Repeater x 3 hams' + march...
	1-4 5-6	
	Tap back (l) wave freeze, B.C back mambo behind(l)	
	7-8 1-3	
C	Open (r) and (l) leg back freeze (arms circle back)	
	4 5-8	
D	Mambo forward (l), 2 x slide back (l,r), mambo back (l)	
	1-2 3-6 7-8	
D	Spin front to 6 points mambo (l,r) front / back	
	1-2 3-8	

Everything with the opposite leading leg!

Split!

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