

## Let the Rhythm Move You, by Turbo Kick®

It's true - music makes the people come together (thanks, Madonna!) Most people are motivated by music and turn it up when it's time to work out. Group Fitness rooms are equipped to get loud and members expect good tunes when they hit the floor. Whether you're teaching kickboxing, cycling or strength, the music you choose and the way you use it (or don't) can take your class from good to great! We'll discuss recent research about music's effect on exercise intensity, review music structure and how it can be used to help with choreography breakdown, repetition tracking and more, as well as ideas for selecting your soundtrack and cueing without getting lost in the music. Whether you're new to teaching and haven't quite mastered the phrase thing or a vet looking to be inspired, this workshop is for you. We'll finish with a fabulous Turbo Kick class that will highlight just how much music matters.

		Concept	Notes, Take Aways & To Dos
<b>M</b>	<i>Motivation &amp; More</i>	<b>Research</b> <ul style="list-style-type: none"> <li>• Music as a Motivator in Exercise Performance</li> <li>• The Importance of Workout Intensity</li> <li>• The Timing of the Music Intervention</li> <li>• Promoting Relaxation</li> </ul>	
<b>U</b>	<i>Understanding Its USE</i>	<b>On the Beat ... or Off</b> <ul style="list-style-type: none"> <li>• Classes that choose to use &amp; those that don't</li> <li>• Does it matter?</li> </ul> <b>Uses ... Regardless</b> <ul style="list-style-type: none"> <li>• Timing</li> <li>• Repetitions</li> <li>• Intensity</li> </ul> <b>Structure &amp; Function</b> <ul style="list-style-type: none"> <li>• BPM Suggestions</li> <li>• The Beat, The Measure, The Bar ... The Phrase</li> </ul>	
<b>S</b>	<i>Setting the Stage</i>	<b>BEFORE</b> <ul style="list-style-type: none"> <li>• Have a PLAYLIST</li> <li>• Test it Out</li> <li>• Create a Mood</li> </ul>	
<b>I</b>	<i>Instruction &amp; Inspiration</i>	<b>DURING</b> <ul style="list-style-type: none"> <li>• Tricks of the Trade</li> <li>• Show Your Personality</li> <li>• Work <b>with</b> your music</li> </ul>	
<b>C</b>	<i>Connecting</i>	<b>AFTER</b> <ul style="list-style-type: none"> <li>• The perfect departure</li> <li>• Preview the Action</li> <li>• "The Request Line"</li> </ul>	

**Thank You For Attending This Workshop!**

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