

Mass Co-Resistance (Specialization Stage)

Choreographed by: Megan Bialowas

Song Title: Better Days – One Republic Length: 2:22 minutes

Apparatus: Resistance Band - suitable length to fit gymnast, strength for gymnast ability, colour or particular kind does not matter

Attire: Black Tank Top and Black Leggings

Concept: This routine was created to be a warm-up fitness routine that is to be performed in a group, while being physically distanced. The song and name were chosen to represent the state of the world in 2020. They co in the title refers to the play on words of cooperating together in a performance while still resisting touching each other. This is how we have to operate during COVID, which also starts with co.

Walk on: Toe walk with resistance band held folded in half, arms down in front of body.

Starting Pose: Sitting on floor on bottom, legs bent up, hands holding band by feet.

****Wait when music starts till signing, then start to count****

Section	Count	Time	Action
1	1-4	0:02	Arms raise up straight above head, legs slide out to a pike position
	5-8		Bring arms down to toes, keeping straight
2	1-4		Keeping arms straight, lie back on floor, arms above head
	5-8		Sit up to a tucked V position, arms straight out over legs
3	1-4		Raise arms above head, place toes down, slide out to a pike position
	5-8		Bring arms down to toes, keeping straight
4	1-4		Keeping arms straight, lie back on floor, arms above head
	5-8		Sit up to a tucked V position, arms straight out over legs
5	1-4	0:23	Put feet down on right side of body, ¼ bum spin to the right, bring arms down in front
	5-8		Slide legs out into pike, and wrap band around right foot
6	1-4		Lie back, while bringing R leg up, end up with foot facing the ceiling
	5-8		Slowly pull leg to body, bending arms
7	1-4		Slowly let leg go back to 45 degree
	5-8		Slowly pull leg to body, bending arms
8	1-4		Slowly let leg go back to 45 degree
	5-8		Sit up and switch to the band on left leg
9	1-4	0:45	Lie back, while bringing L leg up, end up with foot facing the ceiling
	5-8		Slowly pull leg to body, bending arms
10	1-4		Slowly let leg go back to 45 degree
	5-8		Slowly pull leg to body, bending arms
11	1-4		Slowly let leg go back to 45 degree
	5-8		Sit up, ending in Pike site with arms straight, hands on knees
12	1-4		Tuck left leg under body, stand up, end up facing front, arms down straight in front of body, holding an end of band in each hand
	5-8		Bend over, wrapping band under both legs, straighten up
13	1-4	1:06	Bend legs while bringing arms out to sides, making a V shape with band
	5-8		Bring arms down, legs stay bent
14	1-4		Bring arms out to sides, making a V shape with band
	5-8		Straighten legs, while keeping arms out

15	1-4		Bring arms together in front of body, while keeping straight
	5-8		Pull arms back to face, bending elbows
16	1-4		Straighten arms out
	5-8		Bring arms to side of body, making a V shape with band, bending knees
17	1-4	1:28	Bend over, and bring band out from under feet, stand back up, fold band in half
	5-8		Brining arms out straight in front of body, do an Arabesque Balance, Right leg out straight, standing on Left leg, on toes if achievable
18	1-4		As bring legs together, do body roll forward, end standing up
	5-8		Brining arms out straight in front of body, do an Arabesque Balance, Left leg out straight, standing on Right leg, on toes if achievable
19	1-4		X- Grapevine to the Left, starting with a step, arms straight out in front O- Grapevine to the Right, starting with a step, arms straight out in front
	5-8		Tuck Jump, arms straight above head, can do 360 turn to left if able
20	1-4		Bending body at waist swing arms down to ground, going left to right, finish circle as stand up continue into gallop to right
	5-8		Continue movement into a gallop to right, while full circle of arms to right, end in straddle stand, leaning to right, left toe pointed.
21	1-4	1:50	Step feet together, arms above head, backwards Bodywave (keeps arms straight holding band if able, if not let go of right side of band)
	5-8		Finish Bodywave, stepping out to left into straddle stand on 8 count, arms straight above head
22	1-4		Bending body at waist swing arms down to ground, going right to left, finish circle as stand up continue into gallop to left
	5-8		Continue movement into a gallop to left, while full circle of arms to left, end in straddle stand, leaning to left, right toe pointed.
23	1-4		Step feet together, arms above head, backwards Bodywave (keeps arms straight holding band if able, if not let go of left side of band)
	5-8		Finish Bodywave, arms out straight in front, holding band folded in half
24	1-4		X- Grapevine to the Right, starting with a step, arms straight out in front O - Grapevine to the Left, starting with a step, arms straight out in front
	5-8		Tuck Jump, arms straight above head, can do 360 turn if able
25	1-4	2:11	Odd – Walk forward 4 steps, arms out straight, pulling arms out for 2 counts, bringing in for 2counts (stretching band) (Start R Leg) Even - Walk backward 4 steps, arms out straight, pulling arms out 2 counts, bringing in for 2counts (stretching band)
	5-8		Odd – Walk forward 4 steps, arms out straight, pulling arms out for 2 counts, bringing in for 2counts (stretching band) Even - Walk backward 4 steps, arms out straight, pulling arms out 2 counts, bringing in for 2counts (stretching band)
26	1-4		Bend over at waist, placing band under both feet, cross band
	5-8		Stand up with bent knees, pulling band out to sides, roll head down

Skill List

Movement Skills:

Locomotion – Toe Walk, Grapevine, Gallop (Locomotion's are done in both directions)

Balance – Arabesque Balance on both legs, on toes if able to (45-90 degree on ability)

Rotations – 360 degree turn Tuck Jump (both directions), circling arms while gallop

Wave – Backwards body wave

Apparatus Skills:

Ability to manipulate resistance band in a variety of ways safely, that is correct strength and length for athlete.