



## HELPFUL CUEING IDEAS

### 4,3, BLAH - BLAH - BLAH

**REMEMBER - Tell them what to do, then do it.**

#### Knee Lifts

- Knee lifts right and left
- Lift the right knee then the left
- Lift it right and left - "It's up and up"
- "Lift right and left, right and left"
- Arms tap to the front
- Arms up and forward - "take it forward, take it up", "In front, then up", "Take it center, high fifth"
- Add your arms over head - "its up and up", "High fifth "

#### Squats

- Full Range squat right here
- Take it to your squat
- Let's find a full range squat
- Squat it down and up
- "Drop it down, lift and squeeze"; "It's Drop and lift, Drop and lift", "Find your squat and stand it up"; "Sit it back, squeeze your booty"
- Full range down and up - :Take it all the way down, all the way up"
- Hold it low, just pulse
- Hold it low and freeze - "Pause," "Hold"
- Add a side leg lift - "Down, right leg lifts..."
- Add a knee lift - "Squat it down, right knee lifts, squat, left knee lifts"; "Down, lift the right knee, down, lift the left"

#### Biceps

- Full range Bicep curl - "All the way up, all the way down"; "Lift, Lower"; "Lift up, release"; "Curl, extend"; "Squeeze, release"
- Just the top half - "Up, halfway down"
- Just the bottom half - "Down, halfway up"
- Hold it center, squeeze it in - "Squeeze hold, squeeze hold"
- Hold it half way little curls - "Little flex, flex"; "Show me your guns/muscles"; "squeeze in and in"
- Full range again - "all the way up and down"
- Hold it half way tiny curls - "Little squeeze, squeeze"
- Circles toward the midline - Circle other way
- Up an inch, down an inch
- Serve it in and out - "Serve it front pull it back"; "Reach it forward, pull it back"; "Serve it out to the side; "press it out, pull it in"
- Hold the squeeze, squeeze your back - "squeeze in and in"
- Hitchhikers in and out - "It's close, and open"; "Cross, open to the sides"; "Hold it out and pulse"; "Pulse it back then pulse it up"
- Back an inch, up an inch; Just the up; Full range curls to the side
- Alternating right and left - "Go right, then left"; Slow it down; Speed it up
- Bring it around to the front
- Turn your palms to face in

#### Triceps

- Arms stick straight, lift up
- Tiny lift, tiny lower - "Lift up and release"; "Squeeze, squeeze"; "Just hold that squeeze"
- Up for one, in for one - "Lift up one inch and in one inch"; "It's up and in, up and in"; "Squeeze up, squeeze center"
- Bend and Press right here - "little bend, big press"; "little bend, big extension"; "Bend, and reach"; "Little punches toward the back"
- Double time bend-presses - "it's press press press press..."; "Straighter, straighter"
- Circle, then lift - "Circle in, lift and squeeze"; "One circle, one lift"

## Plank

- Hold your plank
- Add some shoulder taps - "It's right hand, left shoulder"; "Tap right, tap left"
- Hold and tuck your hips - "little tuck, little squeeze"; "Engage those low abs"
- Add a press back here - "rock it back and center"; "Low abs propel you back"; "Heels press to the back"
- Right arm up to side plank - "rotate to the side"; "Hips lift up and down, it's lift and lower"
- Tap right foot out and in; "tap it out bring it center", "out, and in"; Speed it up; Switch it to the left; Alternating right and left

## Calves

- It's lift, and lower
- Speed it up - "lift up and down up and down"; "it's lift, lift"; "heels rebound each time"
- Find your two's - "It's up for two and down for two"; "up up down down"; "half up half down"
- Now in three's - "It's up up up and down"; "lift lift lift lower"
- Back to tempo here
- Hold it high and pulse - "Just pulse pulse pulse"
- Combo - "lift, half, lift, lower; "it's up, half, up, down"

## Thighs

- Pulse it down - "take it down and down"
- Circle your hips to the right - "around around"
- Reverse that circle here - "circle left and left"
- Tuck the hips - "Tuck it under and under"
- Tuck right and left - "Take it right hip and left hip"
- Down for 2 - "it's down down up up"
- Take it down in 3s - "It's down down down, barely up", "Low lower lowest"
- Slow it down right here - "It's Down an inch, up an inch"
- Bring it back to tempo; Speed it up; Little pulses - "tiny down down down"
- Squeeze the heels - "Squeeze in and in"
- Put it together - "one squeeze one pulse"
- Drop in down in 4's - "Take it down two, three, four and up two, three, four"
- Flare knees to the back - "it's back and back"
- Lift and lower the heel(s) - "it's lift, and lower", "heels come up, and down"; Speed it up - "it's lift and lower, lift and lower"

## Booty

- Hold the tuck, lift the heel - "lift it up and up"
- Hold the tuck, lift the knee - "more up less down"
- Hold it up and press it back - "Press back and back"
- Press back hold - "it's back hold, back freeze"
- Press back faster - "It's back and back"
- Find your twos - "It's back back release, back back release", "lift lift hold"
- Extend your leg straight - "extend and bend"
- Hold it straight little lifts up - "It's up and up"
- Point for one, flex for one - "Point and squeeze, flex and squeeze" "one point, one flex"
- Up and around - "up and around, up and around"
- Extend that leg out and in - "It's out for two and in for two"
- Hold the leg straight - Hold it straight and .....Lift, circle, freeze.
- Little circles to the right - "Just circle, circle"
- Other direction - "switch directions here, around, around," "erase that circle"
- In for one, up for one - "squeeze it in, lift it up" "in an inch, up an inch" "draw that tiny L"
- Slide it toward the midline
- Draw a tiny box - "it's in, up, out, down"

### Core

- Back an inch, up an inch
- Lift and lower full range - "it's up, and down", "exhale, inhale"
- Hold it up and pulse - "it up, and up"
- Back to full range - "lower, and lift"
- Bring the knees to tabletop
- Take it to a bicycle - "it's right, center, left, center"
- Smooth it out/ Speed it up - "right, then left, right and left", "Opposite shoulder to opposite knee", "twist it right and left"
- Hold it to the right "it's pulse, and pulse"
- Back to alternating
- Scissor legs right and left
- Tuck the hips
- Lower legs down and up - "it's down, for two, and up, for two"
- Bring it to that lowest point
- Hold it right here

### Bridging

- Bridge the hips up and down; "It's lift, and lower"; "Squeeze that tush, lower down"
- Hold it up and pulse - "Keep those hips tucked"; "little tuck, and tuck"; "It's one fist's distance off that mat"; "Little squeeze"
- Tuck it right and left
- Speed up that shimmy
- Back to full range - "it's tap that booty, lift and squeeze"
- Lift that right leg to the sky
- .....

### Supermans

- It's lift and lower the torso
- Upper body lifts and lowers
- Hold it up and pulse
- Back to full range - "it's down, and up"
- Add the legs
- Just the legs
- Keeping core engaged, you're grounded at the hips
- It's lengthen, and strengthen