



DXF[®]

Dance Xross Fitness[®]

Coach Handbook

Welcome to DXF® - Dance Xross Fitness!!

By participating in this training program, you have already committed to joining our team of community-minded leaders with a passion to provide wellness opportunities and experiences to youth and/or adults. This training will introduce you to various ways to help individuals who are on a quest to be the best they can be. You will learn simple, safe and appropriate for all ages dance choreography, kickboxing moves, strength training techniques, and fun soul line dance routines that you can incorporate into your DXF® classes. Previous dance fitness experience is not a prerequisite for obtaining your certification but having an extreme interest in personal wellness and sharing that knowledge with the community is necessary for being an effective DXF® Coach.

A DXF® participant may be someone who has never taken a group fitness class before, an active fitness enthusiast, a senior anxious to stay active with possible health considerations or anything in-between. An effective DXF® Coach must tailor the class to fit the needs of the student while keeping safety a top priority. This training will provide you the tools and resources you will need to conduct an effective class for all levels.

DXF® Mission:




To inspire a lifestyle of wellness from the inside out, one movement, one person, one community at a time.

Who is Bryant “Drew” Andrews?

Bryant “Drew” Andrews is the Executive Director at the Center for Creative Education – a nonprofit community center for arts, wellness and education in Kingston, NY. Drew is a dynamic, energizing force that brings over 25 years of human service, dance and fitness experience to communities worldwide. Drew is the founder and choreographer of the award-winning Energy Dance Company, whose focus on Hip-Hop fusion, high-energy dance style and rich, hard-hitting choreography have won him national and international recognition. Through the creation and development of the yearly "Let's Move! Ulster" and "Let's Move! Dutchess" series, Drew has worked to fulfill his mission of community building and family fitness. Drew created DXF® - Dance Xross Fitness® as a response to a wide spread demand for a comprehensive fitness program that is fun, engaging, challenging, motivational, inspirational and tailored for all ages and ability levels. Group Fitness instructor, an award-winning choreographer, an accomplished hip-hop and Latin dancer/instructor, and a human service professional, Drew has dedicated his life to health, wellness and community, and will continue to create comprehensive programs which combine artistic growth and development with health and fitness awareness.

Purpose / Goals

The purpose and goals of this Coach training are:

-  To provide DXF® Coaches with information and content to teach DXF® fitness classes to all ages.
-  To provide standard choreography and suggested music to be used during a DXF® class.
-  To provide modifications appropriate for all ages and fitness levels

- 🏆 To provide professional material to assist in developing an independent business model.
- 🏆 To provide basic DXF® theory.

Objectives

DXF® Coach training participants will be able to:

- 🏆 Independently lead a successful DXF® class.
- 🏆 Practice, and later apply suggested music and choreography.
- 🏆 Create a DXF® class format appropriate for your class and age group.
- 🏆 Utilize provided tips on modifications that are appropriate for all levels.
- 🏆 Learn how to read, connect and empower your DXF® class.
- 🏆 Acquire a basic understanding of anatomy, physiology and kinesiology.

Definition of Dance Xross Fitness®

(Elevator Pitch)

"DXF® - Dance Xross Fitness® is a group fitness program mixing dance, kickboxing, strength training, and soul line dance. It 's fun, effective and there is something in it for everyone."

(Short Description)

DXF® is a fun, empowering, cardio-interval fitness program that incorporates dance, kickboxing, strength training and soul line dance; combining new and old school music and movement to engage all ages and ability levels.

(Extended Description)

DXF® is a fun, empowering, comprehensive fitness program developed for today's youth and their families. It incorporates four disciplines: dance, kickboxing, strength training, and soul line dance in one 60-minute class. DXF® keeps students engaged by using popular and familiar music such as: Motown, Hip-Hop, Pop, Latin and Soca; combined with easy-to-follow, ever-changing movement. It's dynamic, cool, full of energy, and it's the fastest hour of fitness you'll ever experience.

Concept of Program

DXF® - Dance Xross Fitness is a grassroots fitness and wellness initiative that offers opportunities for community building, professional development and profitability.

DXF® BASICS

Tag Line: Mix it Up! #MIXITUP

- 🏆 Mix of four disciplines: dance, kickboxing, strength training and soul line
- 🏆 dancing. Mix of learning styles: auditory, visual and kinesthetic.
- 🏆 Mix of music: Old School, R&B, Motown, African, Latin, Pop, Soca, Hip-Hop and more.
- 🏆 Mix of ages: multigenerational appeal.
- 🏆 Mix of ability levels: varying levels to appeal to all abilities.

DXF® Training Overview

The objective of this training is to provide fitness instructors, school teachers, community representatives and fitness enthusiasts the proper tools needed to conduct an effective, safe, engaging and always fun-filled DXF® class.

Who is the ideal DXF® Coach?

Any present fitness instructor, dancer, teacher, group trainer and/or fitness enthusiast who is community-minded and in a position to provide and lead fitness and wellness opportunities. DXF® class leaders are considered coaches because of the type of attention given to their students. They inspire, motivate and empower through consistent class engagement.

EVERYONE is an ideal DXF® Student!

People of all ages and ability levels who are seeking a fitness and wellness experience for any of the following reasons:

Improve Fitness

"Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, the three leading causes of death. Risk factors for these diseases can begin early in life and be mitigated early in life by adopting regular physical activity habits. Physical activity helps control weight, builds lean muscle, reduces fat, and contributes to a healthy functioning cardiovascular system, hormonal regulatory system, and immune system; promotes strong bone, muscle and joint development; and decreases the risk of obesity."

http://www.letsmove.gov/sites/letsmove.gov/files/TFCO_Increasing_Physical_Activity.pdf

Lose Weight

"Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers."

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Increase Activity

"Regular physical activity is one of the most important things you can do for your health. It can help control your weight, reduce the risk of cardiovascular disease, diabetes, and some cancers. It can help strengthen bones and muscles to prevent falls if you're an older adult. Increased activity can help to improve your mental health and mood and increase chances for a longer life."

<http://www.cdc.gov/physicalactivity/everyone/health/>

Build Community

"A sense of community is vital for any organization to thrive. It brings a sense of identity and pride, and is made possible through processes such as communication, inter-group relations and networking. For people in a group to take action towards a problem, the problem must first be recognized by all the members of that group. That is made more difficult by the fact that, due to the mobility they now have, people feel disconnected from their community and they feel little responsibility towards it." <http://innovationplatform.concordia.ca/joomla15/community/37-community/50-the-importance-of-community-building.html>

Gain quality family time

"Strong families recognize that there are benefits and pleasures to be gained from time and activities together. They value the family bond and make special efforts to preserve time together for family activities and interaction. By spending pleasant time together, families build a reserve of good feelings and are able to cope with personal and family crisis more effectively. Strong families are deeply committed to the family unit and to promoting the happiness and welfare of each other." http://www.education.com/reference/article/Ref_Building_Unity/

Have fun with movement

"The time you spend moving is generally repaid in full by the energy, relaxation, and pleasure that physical activity brings. Daily movement is much more than a health responsibility, like brushing your teeth. It's a pleasurable, precious gift that people can give themselves. Taking 30 minutes each day to be present in your body, to breathe deeply, and to propel yourself through space is one of life's great joys, enriching body, mind and spirit."

<http://www.healingwell.com/library/health/krucoff1.asp>

Improve mental health

"Research has also found that physical activity is related to improvements in mental health, helping to relieve symptoms of depression and anxiety and increase self-esteem. In addition, some studies show that physical activity is correlated with improved academic achievement."

http://www.letsmove.gov/sites/letsmove.gov/files/TFCO_Increasing_Physical_Activity.pdf

Socialize in a healthy environment

Group fitness classes serve as a healthy resource for anyone on a journey towards good mental health and physical fitness. It gives students the opportunity to network with others on the same path on a regular basis. There is also an opportunity for students to get together to explore other resources that will help them reach their goals outside of class as well.

Short on time – need the mix

Boredom can undermine a person's best intentions to remain active. When physical activity becomes ho-hum, it's easy to find excuses for not doing it. Changing activity not only helps people enjoy exercise more, it encourages them to remain consistent and enthusiastic about exercise. *"Everyone knows fitness is important for your health and well-being. And you want to get more active, but your days are a blur of work, household chores, errands, and time with family and friends. Setting aside enough time to sleep — let alone exercise — can be tough."*

http://www.mayoclinic.com/health/fitness/HQ01217_D

DXF® sessions are formatted to address both of these concerns: boredom and time restraints. The four disciplines (dance, kickboxing, strength training and soul line dance) are incorporated into each class to offer a variety of movement to target all areas of fitness in a one hour-long session.









Class Pace

Coaches should encourage students to progress at their own pace. Each DXF® Coach must understand that students learn differently. By following the DXF® format you allow students to advance at a comfortable pace, while still getting a full workout within a 60 minute class. This is done through a design of interval training and periodic illustrations of movement modifications.

Coach Expectations



Each Coach is expected to inspire, empower and motivate their students. Your responsibility is to guide your students through their fitness journey. This should be done through a well-structured class that is highly effective and extremely enjoyable.

Coaches should:

-  Always welcome your students (old or new) and thank them for attending your DXF® class. Set the tone in your class so new and regular students feel comfortable, confident & safe at all times.
-  Create a class setting and atmosphere that is welcoming and non-judgmental. Respect every individual in your class. Treat everyone equally and fairly. Use only positive and uplifting words. People respond well to positive reinforcement. Avoid negativity and never embarrass, degrade or humiliate your students. There are ways to give suggestions or advice without seeming overly critical.
-  Sustain good personal health habits to best serve as a model for your students.
-  Connect with students throughout your DXF® class. Make a point of acknowledging your students (old and new), this will help you to develop a healthy Coach/student relationship. It is a good idea to occasionally walk around the room during class, allowing you to make a connection with your students. Let your students know they are part of the DXF® family and they are not in this alone.
-  Control the room. Stay conscious of your class environment. Watch for safety issues such as: inadequate spacing, music volume levels, incorrect body form or anything else which may be hazardous or uncomfortable to your students. Spaces within your class should be “first-come, first-serve”; do not allow “this is my spot” attitudes to form in your class. This can cause animosity and drive clients away.
-  Encourage questions, comments and suggestions for the betterment of the program.
-  *Be an effective DXF® Coach.* Make sure your students can always hear or see you. Watch your positioning; be aware of your voice levels, the clarity of your speech and the volume of your music.
-  *Class Prep.* Preparation for each class is necessary. Your class will run smoothly when you are confident and prepared. This confidence comes from practicing outside of class times to make sure you know your choreography and playlist (music).


Coach Responsibility

All DXF® Coaches are responsible for maintaining the fun and integrity of the program, and for conducting classes which consistently support the DXF® mission. The following key areas must be read and fully understood by all Coaches to assure the program stays fresh and engaging, and that the safety of the students remains a priority.

-  **Components** – Each class must follow the DXF® format incorporating the four disciplines: dance, kickboxing, strength training and soul line dance.
-  **Modifications** –The program does not require a dance background. DXF® uses a variety of moves that can be modified to fit any dance or fitness level. Be sure to make your


participants aware of these types of modifications so that they can make adjustments to their workout. Examples:


- Reduced range of motion
- Slower footwork
- Decrease intensity


 **Signs of Overtraining** – Watch for obvious signs of exhaustion, bodily injury or dehydration. Your students are looking for a class that is effective but still fun to be a part of. There are strategic ways to offer a great workout without making it overly difficult. You want your students to not only return, but to also invite their friends and family.


Examples:


- Flushed faces / Excessive sweating
- Marked change in engagement level
- Labored breathing


 **Hydration** – Everybody knows that you should drink plenty of fluids when you are exercising but like so many things, the importance of this one simple fact gets forgotten. It is not only vital to stay hydrated while you are exercising, but also before and after your exercise has finished. Your body needs to be well hydrated in order to function at its best. While it can work perfectly well at low levels of dehydration, this puts a strain on your body and means you will not be able to perform to your optimum potential. Consistently remind your class to stay hydrated.

 **Attire** – DXF® is a program designed for the entire family. Everyone should be encouraged to wear clothes that are comfortable and non-restrictive.

 **Music** – When choosing music for your class, it is important to keep in mind that DXF® is a family-friendly program. Be sure to choose music that motivates, fits the particular movement, and is appropriate for all audiences.

 **Coach Etiquette** – DXF® Coaches are required to model for their students at all times. Understand you are always being watched whether you teach a class of mature adults or young children. Stay conscious of your verbiage as well as your behavior. Your purpose is to encourage your students and help them build confidence in themselves. Choose your words and actions carefully.

 **Exercise Recommendations** – Students turn to their Coaches for advice in regards to fitness all the time. Be sure to only advise in areas you are knowledgeable in. Always remember your students' safety is priority and you don't want to provide advice to anyone that can potentially lead to injury or overexertion.

 **Proper Body Alignment** – Correct body alignment should always be stressed during a DXF® class. Poor body alignment can quickly turn into neuromuscular pain, joint deterioration and disk degeneration. Correcting poor alignment can help you and your student remain active and pain-free. DXF® Coaches should always make a point of mentioning this when necessary, and remain conscious of their posture as well.

To ensure your safety and that of your students, all DXF® Coaches must be certified in CPR and AED within 6 months of becoming a DXF® Certified Coach. Credentials need to be submitted and verified and will be held in your personal file.

Teaching Format


Elements in format


DXF® is a challenging interval workout that can be modified to accommodate all levels of fitness. DXF® classes focus on a variety of movements while targeting all muscle groups. DXF® combines dance principals with the latest kickboxing, and strength training moves. Soul line dance sequences are interspersed throughout the 60-minute session to promote interval training and encourage uniformity among the group. Use of hand weights are used for strength training. This is all choreographed to fabulous music. These methods are built in to keep this class ever changing. It is a serious total-body workout that will leave your students feeling stronger, leaner, empowered and happy they came.


DXF® Disciplines


DANCE

Dance is the most pleasurable expression in life. Apart from entertainment, joy and fun, dance helps to combat weight issues and makes you look fitter. Dance helps you to improve the blood circulation of your body and also relieves stress, thereby releasing a happier you. DXF® offers a well-designed dance-based fitness session consisting of easy-to-follow, high energy moves for all level participants. All moves can be modified for a low or high impact experience to accommodate all physical fitness levels. The session will incorporate several popular genres that have been proven to be favorites to many.

 **Hip-Hop:** Hip-Hop is a total body cardio workout that is more than 30 years old. Hip- Hop started in predominantly urban neighborhoods and has evolved from breaking and popping crews into a professional dance style that is embraced as one of the most popular dance styles today.

 **African:** This style of dance is the basis for many styles of dance all around the world and it originates from tribes of different regions. Each region tends to focus on a particular body part, making dance polycentric. Most of the time the drum represents the heart beat.

 **Soca:** Soca is a style of music native to the islands of Trinidad and Tobago. Soca is a blend of traditional calypso and classical Indian music. Soca first came about in the 1960s and is currently one of the most popular genres of Caribbean music in the world.

 **Latin:** DXF® uses multiple styles of Latin dance within its routines such as Salsa, Merengue, Bachata and Cha-Cha.



KICKBOXING

Kickboxing is a group of martial arts and stand-up combat sports based on kicking and punching, historically developed from Karate, Muay Thai and Western boxing. Kickboxing is often practiced for self-defense, general fitness, or as a contact sport. DXF® offers hard-hitting, high energy and best of all, empowering techniques that will get your heart pumping. This is a program that combines the best of a variety of different exercise disciplines to provide an overall workout. It is the combination of self-awareness and control of martial arts, the focus and strength of boxing, and the grace and rhythm of dance.



STRENGTH TRAINING

DXF® incorporates strength training to build strength, anaerobic endurance, and size of skeletal muscles. There are many different methods of strength training, the most common being the use of gravity or elastic/hydraulic forces to oppose muscle contraction. This portion of the training will provide significant functional benefits and improvement in overall health and well-being.



SOUL LINE DANCE

Soul line dance builds neurological pathways through choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing the same direction, and executing the steps at the same time. Line dancers are not in physical contact with each other. This portion works your mind as it offers a fun and party like environment while doing easy-to-follow sequences to happy and upbeat music ensuring success for everyone involved.



DYNAMIC STRETCH

Dynamic stretching comprises controlled movements, such as leg and arm swings, that slowly bring the muscles close to their range of motion limit without exceeding it. This type of stretching is ideal before sporting events, weight-bearing exercise sessions that involve the whole body, or training involving quick changes of direction. Dynamic stretching is meant to prepare the muscles for the activity at hand. Examples include torso twists, arm circles, knee-high jogs, stretching lunge walks and standing leg lifts or circles.







STATIC STRETCH

Static stretching is when you stretch and hold the muscle just beyond its normal range of motion. Each stretch is ideally held for 15 to 30 seconds at a time and is repeated until you've held the stretch for a total of one minute. Its primary purpose is to increase flexibility of the muscles and ligaments. Following a workout, static stretching helps re-lengthen the muscles that have been tightened during the workout, preventing muscle imbalances and future injury. It is currently not recommended to do static stretching before intense total body activity, such as sporting events or competitions, because the pre-lengthening of muscles can decrease your muscles' power output, thus decreasing performance.

Class Structure – Format – Lesson Plan

Before You Begin –

-  Ensure safety within your space and within the space of others.
Check the safety of the room (equipment, floors, temperature, etc.).
-  Encourage plenty of water in-take.
-  Welcome your students and give a short description “elevator pitch” of what the DXF® program is.
-  Become aware of any injuries, illnesses, or other factors and encourage modifications
Remind everyone that this is a group fitness class and that they should get the OK from their doctor when starting any exercise regimen.

Class Format –

DXF® is a cardio-interval program; there are intervals of high intensity mixed with low recovery. Remember the concept is to “*Mix It Up*”. Feel free to change things up periodically so your students do not get bored. The DXF® format is to provide Dance, 2 kickboxing, 2 strength training and 2 soul line dance segments interspersed to provide maximum interval levels. Example: After a high-energy dance piece, you would then do a soul line dance or a strength-training piece to bring the heart rate down. Then bring the cardio level back up with a dance piece.

Example of a standard 16 song class (remember these will vary by class and Coach):

1. Warm-up: Dance (low BPM): BPM 112
2. Warm-up: Dance (slightly higher BPM): BPM 122
3. Dynamic Stretch: BPM 120
4. Dance: BPM: 160
5. Kickboxing: BPM: 144
6. Dance: BPM 160
7. Strength Training: BPM 116
8. Dance (high BPM): BPM 178
9. Soul Line Dance: BPM 82
10. Dance: BPM 155
11. Kickboxing: BPM 158
12. Strength Training: BPM 138
13. Dance (high BPM): BPM 162
14. Soul Line Dance: BPM 115
15. Cool Down: BPM 128
16. Stretch: BPM 119

The BPM of songs can be found at <https://songbpm.com>

Class Levels-

DXF® is accessible to all fitness levels and abilities. There are 3 Class levels:

Beginners

Basic movements, limited spinning and jumping, slower paced choreography

Intermediate

Basic movements with the addition of spins, some jumping and faster paced choreography

Advanced

Advanced movement, spins, jumps, more elaborate, faster paced choreography



Dance Xross Fitness® Coach Levels:

DXF® Coach / Level 1:

New to the group fitness industry
Limited knowledge of the choreography
Limited knowledge of body movement and muscle structure
Still learning the intricacies of proper movement cuing
Level 1 DXF® Coaches should practice by teaching to their family and friends in an environment of growth, positivity and acceptance.
Participates in Master Classes as a general class participants

DXF® Coach / Level 2:

Limited experience in the group fitness industry
General knowledge of the choreography
Understanding of body movement and muscle structure
Understanding and implementation of proper movement cuing
Level 2 DXF® Coaches can hold classes, connect with your participants and encourage an environment of growth, positivity and acceptance. Co-coaching is encouraged.
Participates in Master Classes as a general class participants and assist in leading selected routines

DXF® Coach / Level 3:

Extensive experience in the group fitness industry
Knowledge of choreography and experience in creating new choreography.
Understanding of body movement and explanation of muscle structure
Understanding and implementation of proper movement cuing, verbal and non-verbal
Level 3 DXF® Coaches can hold classes, connect with participants and encourage an environment of growth, positivity and acceptance.
Level 3 DXF® Coaches can work with Level 1 & 2 DXF® Coaches in a training and co-coaching capacity.
Can participate as the lead coach in Master Classes.



Dance Xross Fitness® Coach Benefits!

DXF® Certification – Non-Alliance Member

- ✂ Certified to teach DXF® for 1 year from the date of certification 8 hour training – 1 hr. Master Class + 7 hrs.
- ✂ DXF® Coach T-Shirt
- ✂ Name and class information listed on event/calendar page on the DXF® website
- ✂ Access to the general DXF® Facebook page: posts, notifications and event information
- ✂ Permission to use official DXF® logo for 1 year
- ✂ Opportunity to move up coaching levels
- ✂ Opportunity to participate in additional development training at DXF® Coach Discount

DXF® Certification – Alliance Member

DXF® Coaches Alliance option: \$30/mo.

*DXF® Coach Alliance membership must be in good standing (monthly fees current).

- ✂ Certified to teach DXF® for 1 year from the date of certification 8 hour training – 1 hr. Master Class + 7 hrs.
- ✂ DXF® Coach T-Shirt
- ✂ Name and class information listed on event/calendar page on the DXF® website
- ✂ Access to the general DXF® Facebook page: posts, notifications and event information
- ✂ Access and permission to use official DXF® logo and class flyer template
- ✂ Opportunities to move up coaching levels
- ✂ Inclusion in the Private DXF® Coach Alliance FB page
- ✂ Group Discount on DXF® Merchandise
- ✂ Bi-monthly (every 2 months) choreography video tutorials in each of the 4 disciplines
- ✂ Bi-monthly (alternating with choreography) DXF® Choreography Workshops
 - *This can be attended in person or through live stream using ZOOM.US, giving you an opportunity to work with fellow DXF® Coaches in real time and share questions and comments with the group
- ✂ Personalized Homepage on the Dance Xross Fitness® website.
- ✂ Homepage includes personal contact information, picture profile, biography, class listings, social media links, access to the full library of DXF® Choreography video tutorials, one click access to Zoom.US, approved DXF® flyer templates, PDF versions of the DXF® Handbook, standard choreography breakdown, fact sheet and automatic Alliance discounts on merchandise.
- ✂ Opportunities to participate in DXF® events, conventions, Master Classes and more Opportunities to communicate and collaborate with other DXF® Alliance Coaches for ideas, class substitution opportunities and support
- ✂ Opportunity to participate in additional Coach Development Training for professional support, education and enrichment at DXF® Coach Alliance discount pricing
- ✂ DXF® Coach Alliance members in good standing do NOT need to re-certify

Standard Choreography Breakdown

DXF® is a danced based group fitness program and we understand everyone learns in different ways. Some will learn using counts, some by music prompts and some by choreography breakdowns. This next section provides you step-by-step choreography for some of our standard routines. The songs used are only suggestions. The choreography can be adapted to a song that fits your personality and class style.



























Warm Up:

Low BPM, warm up the body, start to bring the heart rate up.

Right As Rain by Adele: BPM

-  Start when Adele Starts Singing
-  Alternating Step Touch Moving Forward Starting with Right Foot 4 Steps Forward
-  Side, Front
-  (RT) Side,
-  Front (LT) 4
-  Steps Back
-  Side, Front
-  (RT) Side,
-  Front (LT)
-  Repeat ^
- Step Touch/Tap Foot Back with Arms Up & Down X
- 4 Chorus:
- Grapevine
- (RT) Side X 2
- (LT) Side X 2
- (RT)
- Jumping Jacks X 2
- Reverse Grapevine
-  (LT) Side X 2 (RT)
-  Side X 2 (LT) Jumping Jacks X2
-  Step Touch/Tap Foot Back with Arms Up & Down X 8
- Back to Top & Repeat Entire Routine*
-  Add: stationary slow squat down for 4 counts & back up for 4 counts
-  *Back to Top & Repeat Entire Routine*
-  Add additional set of Chorus (RT & LT Grapevines)
-  Step Touch/Tap Foot Back with Arms Up & Down X 8 (twice aka 2 counts of 8) Both arms up to end song






Latch: BPM

-  Gradual increase in heart rate
-  Rhythm practice
-  Warming and prepping of joints and
-  muscles Preview of moves that will be used
-  Starting from start of singing
-  Step two to the right, right arm full extension, two
-  rotations Step two to the left, left arm full extension, two
-  rotations Step one to the right, right arm full extension,
-  one rotation Step to the left, left arm full extension, one
-  rotation
-  V Step up (right, left) and back (right,
-  left) Repeat sequence
-  Right arm wave lean
-  Left arm wave lean
-  Right over head
-  stretch Left over head
-  stretch Reach right
-  Reach left
-  Squat, raise both hands above head and bring arms down as you
-  stand Alternating abdominal squeeze with blades (16 times)
-  Alternating toe-tap while you twist at the waist (8 each
-  foot) Tap down with your left foot (8 times)
-  Alternating toe-tap while you twist at the waist (8 each
-  foot) Tap down with your left foot (8 times)



Dance: 1st Discipline of DXF

Proud Mary Ike & Tina Turner: BPM 168

-  Step Touch during song intro, roll down RT on the words "rolling, rolling" x 8
-  Grapevine X 8 (start RT)
-  Step Touch side to side X 8 (start RT)
-  Roll down & up (RT) X6, Grapevine RT once to complete 8 count
-  *reverse*

- 🚩 Grapevine X 8 (start LT)
- 🚩 Step Touch side to side X 8 (start LT)
- 🚩 Roll down & up (LT) X 6, Grapevine LT once , Roll down & up (RT) X
- 🚩 6 Both arms up, prepare for song transition
- SONG IS NOW FAST-
- 🚩 Bounce/Hop step 2 counts of
- 🚩 8 Grapevine X 8 (start RT)
- 🚩 Step Touch side to side X 8 (start RT)
- 🚩 Roll down & up (RT) X6, Grapevine RT
- 🚩 once Roll down & up (LT) X 6 , Grapevine
- 🚩 LT once RT knee lift X 8
- 🚩 Tina Turner move x 6 (arms open &
- 🚩 close) LT knee lift x 8
- 🚩 *Repeat 2 more times starting with Grapevine
- 🚩 RT* Roll down & up (RT) X6, Grapevine RT once
- 🚩 Roll down & up (LT) X 6 , Grapevine LT once
- 🚩 *continue rolling sequence until song ends*

Greyhound: BPM

*Start from the cymbal in beginning of song

- 🚩 Right Caribbean cross over triple
- 🚩 step Left Caribbean cross over triple
- 🚩 step 8 times
- 🚩 Afro step high
- 🚩 stance 8 times
- 🚩 Afro step low
- 🚩 stance 8 times
- 🚩 Chest pump to right 4
- 🚩 counts Both arms Up and
- 🚩 out
- 🚩 Chest pump to left 4
- 🚩 counts Both arms Up and
- 🚩 out
- 🚩 "The hunt" 4 up facing
- 🚩 left Turn to the other side
- 🚩 "The hunt" 4 up facing right
- 🚩 Single single double X4
- 🚩 back "The hunt" 4 up facing
- 🚩 left Turn to the other side
- 🚩 "The hunt" 4 up facing right

Witch Doctor by Machel Montano: BPM 162

Begin after the first 4 counts of song




















- 🇯🇲 Alternating Foot Taps Starting with RT foot x
- 🇯🇲 4 Side step RT x 2, Side step LT x 2
- 🇯🇲 90-Degree Arms
- 🇯🇲 Arms Up, Down, Up, Down, Up, Down (slow, slow, quick, quick, quick, quick) Alternating Foot Taps Starting with RT foot x 4
- 🇯🇲 Side step RT x 2, Side step LT x 2
- 🇯🇲 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 🇯🇲 Run All Around the Room (scatter), 2 counts of 8
- 🇯🇲 Alternating Knees/Legs Turned In x 8
- 🇯🇲 Alternating Foot Taps Starting with RT foot x
- 🇯🇲 4 Side step RT x 4, Side step LT x 4
- 🇯🇲 90-Degree Arms
- 🇯🇲 Arms Up, Down, Up, Down, Up, Down (slow, slow, quick, quick, quick, quick) Alternating Foot Taps Starting with RT foot x 4
- 🇯🇲 Side step RT x 2, Side step LT x 2
- 🇯🇲 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 🇯🇲 Run All Around the Room (scatter), 2 counts of 8
- 🇯🇲 Hips tick; RT, BACK, LT, FRONT then reverse LT, BACK, RT, FRONT
- 🇯🇲 Booty Pop x 4 quick counts
- 🇯🇲 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 🇯🇲 Run All Around the Room (scatter), 2 counts of 8
- 🇯🇲 Alternating Knees/Legs Turned In x 8 (double time) (to the floor Jump & Wine optional)
- 🇯🇲 (to the LT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 🇯🇲 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 🇯🇲 Alternating Knees/Legs Turned In x 8












Kickboxing: 2nd Discipline of DXF (minimum 2 routines per class)

Here Comes the Fire by DNC feat Ms. Triniti: BPM

****Main Sequence****

-  Grapevine
-  RT
-  Grapevine LT
-  Tap out to the RT
-  Side Tap out to the
-  LT Side Step Front RT
-  Step Front LT
-  Knee Lift Front
-  RT Knee Lift
-  Front LT Kick
-  Front RT
-  Kick Front LT
-  Cross Jab with foot tap
-  RT, Cross Jab with foot
-  tap LT
-  3 Quick punches front (RT, LT,
-  RT) Jump feet together
-  *Repeat sequence for a total of 5 times*
-  *Reverse sequence by starting Grapevine to the LT for a total of 4
- times* Squat down and up X 8
- Squat with 3 pulses down and up x 4
- *repeat main sequence until song

Breathless by Blaxx & Roy Cape: BPM 161

-  Alternating Cross Jabs as soon as music starts (Hands Only)
-  Alternating Cross Jabs with foot tap (same hand, same foot), 2 counts of 8
-  Alternating Front Jabs with slight plié squat (double time speed), 2 counts of 8
-  *second count of 8 squat a little deeper*
-  Alternating Uppercuts with foot tap (same hand, same foot), 2 counts of 8
-  Alternating Uppercuts with slight pile' squat (double time speed), 2 counts of 8
-  Cross Jab RT, Cross Jab LT, Uppercut RT, Uppercut LTX 4
-  Cross Jab RT, Cross Jab LT, Uppercut RT, Uppercut LT (double time speed) X 8
-  March it out to face LEFT, 2 counts of 8 (RT foot ends up forward, LT foot back)

- 🇯🇲 Jabs to the front, RT, LT, RT, Knee (right) X 4 (SLOW)
- 🇯🇲 Jabs to the front, RT, LT, RT, Kick(right) X 8 (FAST)
- 🇯🇲 March it out to face RIGHT, 2 counts of 8 (LT foot ends up forward, RT foot back)
- 🇯🇲 Jabs to the front, LT, RT, LT, Knee(left) X 6 (SLOW)
- 🇯🇲 Jabs to the front, LT, RT, LT, Kick(left) X 8 (FAST)
- 🇯🇲 Alternating Kicks facing FRONT until song ends, 2 counts of 8, add toe touch
- 🇯🇲 (optional) Reverse
- 🇯🇲 Grapevine
- 🇯🇲 (LT) Side X 2
- 🇯🇲 (RT) Side X 2

Rio Zambeze: BPM












*Starting at Zazigiza...

- 🇯🇲 RT Knee raise triple step LT knee raise triple step Alternate 12
- 🇯🇲 RT front kick triple step LT front kicks triple step Alternate 8 times
- 🇯🇲 8 alternating jabs
- 🇯🇲 RT side kick and squat 8
- 🇯🇲 LT side kick and squat 8
- 🇯🇲 8 jabs
- 🇯🇲 8 LT Power knees
- 🇯🇲 8 glute raises
- 🇯🇲 8 combo
- 🇯🇲 Switch side
- 🇯🇲 RT Power knees
- 🇯🇲 8 glute raises
- 🇯🇲 8 combo
- 🇯🇲 8 jabs
- 🇯🇲 RT Knee raise triple step LT Knee raise triple step Alternate 4
- 🇯🇲 RT front kick triple step LT front kicks triple step Alternate 4
- 🇯🇲 RT side kick and squat 8
- 🇯🇲 LT side kick and squat 8
- 🇯🇲 8 LT Power knees
- 🇯🇲 8 glute raises
- 🇯🇲 4 combo
- 🇯🇲 Switch sides
- 🇯🇲 8 RT Power knees
- 🇯🇲 8 glute raises
- 🇯🇲 4 combo
- 🇯🇲 End with one punch















Strength Training: 3rd Discipline of DXF (minimum 2 routines per class)

DJ Turn it Up by Yellow Claw: BPM 128

-  8 dead lifts (on last one, only come half way up)
-  Triceps kickback, 2 counts of 8
-  Lat pull, 2 counts of 8
-  Rear delt flys, 2 counts of 8
-  Bicep curls, 2 counts of 8
-  Lateral/front delt extensions (alternate side and front extension) 2 counts of 8
-  4 Pec/chest squeeze, 2 counts of 8
-  Shoulder press / overhead extension, 2 sets of 8
-  Tricep extension, 2 counts of 8
-  Slowly lower weights in front of you, count of 4
-  14 dead lifts

Turn Down For What by Lil Jon: BPM 100

-  Lateral deltoid arm raises bilateral x 8 (SLOW)
-  Lateral deltoid arm raises bilateral x 8 (FAST/double time)
-  Lateral deltoid arm raises bilateral x 8 (SLOW)
-  Hold arms up, extended out x 8 count (SLOW)
-  Anterior deltoid arm raises bilateral x 8 (SLOW)
-  Anterior deltoid arm raises bilateral x 8 (FAST/double time)
-  Anterior deltoid arm raises bilateral x 8 (SLOW)
-  Hold arms up, extended forward x 8 count (SLOW)
-  Front Bicep curls bilateral x 8 (SLOW)
-  Front Bicep curls bilateral, 2 counts of 8, (FAST/double time)
-  Tricep kickbacks bilateral, 2 counts of 8, (FAST/double time)
-  Tricep kickbacks bilateral pulsing 2 counts of 8, (FAST/double time)



Soul Line Dance: 4th Discipline of DXF (minimum 2 routines per class)

I Want by Chaka Khan: BPM

*Alternating Cha-Cha Step during song intro

Start when singing starts

- Front Cha-Cha x 2 (RT,
- LT) Side Cha-Cha x 2 (RT,
- LT)
- Pivot Turn x 2 (Facing Front, Then Back, RT foot leads both
- turns) Shuffle Up x 2 (RT, LT)
- Step Back x 2 (RT,
- LT) V-step (RT, LT,
- RT, LT)
- *Repeat 3 times*

Respect by Aretha Franklin: BPM 117

- Grapevine RT, Grapevine LT
- Rock Step; RT foot forward, then back, then forward with transition (Cha Cha Cha) (RT/LT/RT)
- Reverse Rock Step to LEFT*
- LT foot forward, then back, then forward with transition (Cha Cha Cha) (LT/RT/LT)
- Jazz Square RT, Jazz Square RT again with transition (Cha Cha Cha) (RT/LT/RT)
- *Reverse Jazz Square to LEFT*
- Jazz Square LT, Jazz Square LT again with transition (Cha Cha Cha) (LT/RT/LT)
- Repeat Line Dance until Chorus/Hook "RESPECT" *
- Freestyle Poses during "R-E-S-P-E-C-T., find out what it means to me"
- *Resume line dance*













September by Earth, Wind & Fire: BPM 126

- Grapevine right for 4
- Grapevine left for
- 4 Step back for 4
- 2 hops up
- Shimmy down for
- 4 Shimmy up for 4
- Right leg rock up / rock back (2
- times) Quarter turn to face new wall
- Repeat



Cool down



Stand By Me by Prince Royce: BPM 128 (bring the heart rate

-  Bachata step right for 3 and tap
-  Bachata step left for 3 and tap
-  Bachata step right for 3 and
-  tap Bachata step left for 3 and
-  tap Repeat 2x's
-  Walk up for 3 and tap
-  Walk back for 3 and
-  tap repeat
-  Lateral Bachata step for 3 and
-  hip Lateral Bachata step for 3
-  and hip sway your hips
-  Repeat entire sequence



Stretch

Smooth Operator by Sade: BPM

-  Basic Stretch routine to stretch all major muscles.
-  Be conscious to include extra stretching techniques toward any area you targeted that day.



DXF® - DANCE XROSS FITNESS®

Frequently Asked Questions

What is DXF®? DXF® - stands for Dance Xross Fitness®, a fun, empowering and effective group fitness program that incorporates four disciplines: dance, kickboxing, strength training and soul line dancing.

Who created DXF® and why? DXF® - Dance Xross Fitness® was created by Bryant "Drew" Andrews. Drew is not only the Managing/Artistic Director of Center for Creative Education in Kingston, NY; a non-profit community center geared toward providing programs in arts, wellness and education to at-risk and underserved youth and families for over 25 years, he is also a life-long dancer, award winning choreographer, community leader and human service professional. Drew believes that "family fitness can strengthen the family bond and have a positive long-term effect in both the family unit and community."

DXF® was created as a means to combat childhood obesity, and to bridge family and community through arts and fitness. DXF® is not only taught in local gyms and dance studios in New York, Texas, Pennsylvania, Arizona, North Carolina and California but is also taught in schools, Head Start programs, juvenile detention centers, doctors' offices, board rooms and lots more!

DXF® - Dance Xross Fitness® is the premier program, and center of a yearly community event in Kingston, NY called "Let's Move! Ulster". "Let's Move! Ulster", started in 2011 and brings over 500 community members, local politicians, schools, businesses and religious organizations together for a day of fun- fitness, education, music, culture and collaboration.

Who can participate? Dance Xross Fitness® was initially developed for kids 4-16 in an effort to combat childhood obesity and to heighten the importance of physical fitness in schools. DXF® has evolved into an intergenerational program that promotes "family fitness" and is accessible to all ages, fitness levels and abilities because the moves are easy to follow, fun and effective.

How long is the program? DXF® Kids classes can be as long as 40 minutes; adult DXF® classes are typically 60 minutes long. Special event classes can be as long as 90 minutes.

DXF® community demo's can be adjusted to meet any time frame.

What type of music is used? Music spans across all genres: DXF® kids classes uses kid-friendly and upbeat music; adult DXF® classes use both new and old school music, Motown classics, Hip-Hop, Pop, Latin, Soca, Afro-Caribbean and more.

Who are DXF® Coaches? DXF® - Dance Xross Fitness® Coaches are diverse and cross the fitness span. DXF® - Dance Xross Fitness® Coaches come with prior fitness/instructor experience - some are group fitness instructors, fitness enthusiasts, school teachers, professional dancers, others are former students who were inspired by the program and want to bring it to their communities.

How do you become a DXF® Certified Coach?

DXF® - Dance Xross Fitness® Certification is happening across both the East and West Coast! DXF® Standard Certification includes a 1-hour Masterclass followed by a 7-hour interactive coach training. DXF® prides itself in teaching its coaches theory-based fitness and program design. Coaches learn standard choreography, how to provide modifications appropriate for all ages and fitness levels, as well as learn a basic understanding of anatomy, physiology and kinesiology. Our DXF® Kids License follows the same training format and is held separately. Dance Xross Fitness® Certification events are also AFPA-American Fitness Professionals and Associates approved for 6 CEC's! Visit <http://dancexrossfitness.com/become-coach/> to sign up for more information and register for our next licensing event!

DXF® Eligibility Requirements:

18 years of age (we also offer student teaching internships)

Successful completion of the DXF® Coach certification training
CPR/AED Certification within two-months of



DXF® in the Community Sizzle Reel: <http://vimeo.com/87902879>

DXF® Class Promotion Reel:

http://youtu.be/7v_U3NUz6Ew DXF® Short Promo:

<https://youtu.be/yi86de3ZA6E>

For more information, please visit us at <http://dancexrossfitness.com>

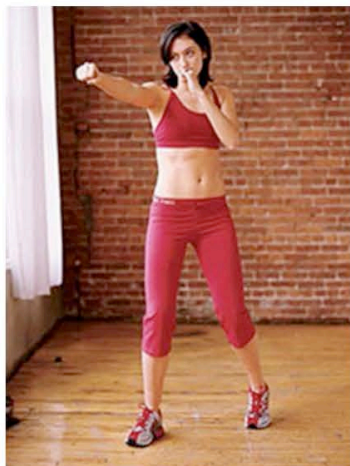
Training Notes:



Training Notes:



DANCE XROSS FITNESS®—KICKBOXING BEST PRACTICES



1. Jab

This is a straight punch; if the right foot is in front, the right hand is jabbing.

Imaginary **Target**: Nose

Stand with right foot forward in fighting stance.

Rotate right hip forward, extending right arm.



2. Cross

A straight punch thrown from the rear hand, so if your right foot is in front, your left hand does a cross.

Imaginary **Target**: Nose

Stand with right foot forward in fighting stance.



3. Hook

Punch in a circular motion, thrown with the lead hand.

Imaginary Targets: Ear, Cheek

- Stand with left foot forward in fighting stance.
- Pivot on the ball of your left foot, turning left knee, hip, shoulder, and arm simultaneously as you punch from left to right.
- Bring left forearm parallel to floor, thumb up; keep right fist by face.
- Recoil immediately and return to fighting stance.

Quick Tip: To get the pivoting motion correct, think of putting out a cigarette under the ball of your foot.

Images & language by: <http://www.fitnessmagazine.com/workout/cardio/kickboxing/kickboxing-workout-exercise-moves/>

DANCE XROSS FITNESS®-KICKBOXING BEST PRACTICES



4. Uppercut

Punch in an upward thrust with the fist pointing at the ceiling.

Imaginary Target: Chin

- Stand with your left foot forward in fighting stance.
- Drop your right hand slightly and bend both knees, then twist your hips to the left as you thrust your right fist straight up and slightly forward with knuckles facing the ceiling and palm facing body.
- Keep your left fist by your face.
- Recoil immediately and return to fighting stance.

Quick Tip: To generate more force, drive the punch from your legs up. Don't punch up beyond the tip of your nose.

5. Front Kick

A jab with the heel of the foot; can be done with either leg.

Imaginary Targets: Knee, Groin, Chest



- Stand with left foot forward and fists by face in fighting stance, then shift your weight to right foot.
- Bring left knee up to the chest, foot flexed, heel close to the glutes (not shown).
- Keep fists up and kick straight out from the hip as if you were punching with your heel; retract immediately and return to fighting stance.

Quick Tip: Picture slamming a door open with your foot.

DANCE XROSS FITNESS®—KICKBOXING BEST PRACTICES

6. Roundhouse Kick



A circular kick (your leg moves in an arc). It is recommended that you do it with the front leg because it puts less stress on the opposite knee.

Imaginary Targets: Knee, Oblique's, Head

- Stand with right foot forward in fighting stance.
- Bend right knee, bringing heel toward glutes, and pivot on left foot, turning hips to left (not shown).
- Strike from right to left in an arc with right foot, extending kick from knee, toes pointed.
- Retract and return to fighting stance.

Quick Tip: Imagine slapping target with your shoelaces.

7. Side Kick

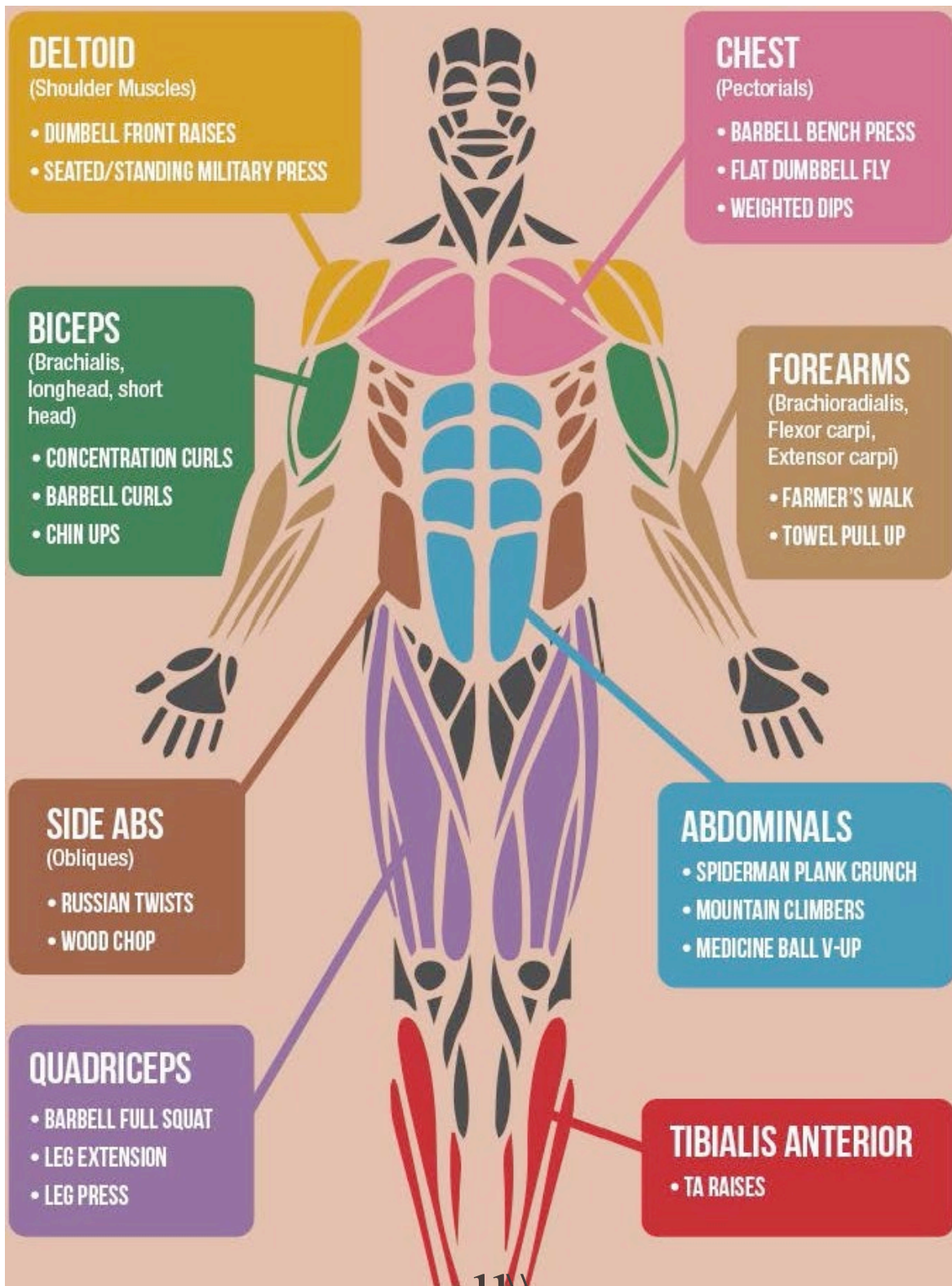


This kick is the strongest, because the force comes from the glutes. Keep your foot flexed as you kick out.

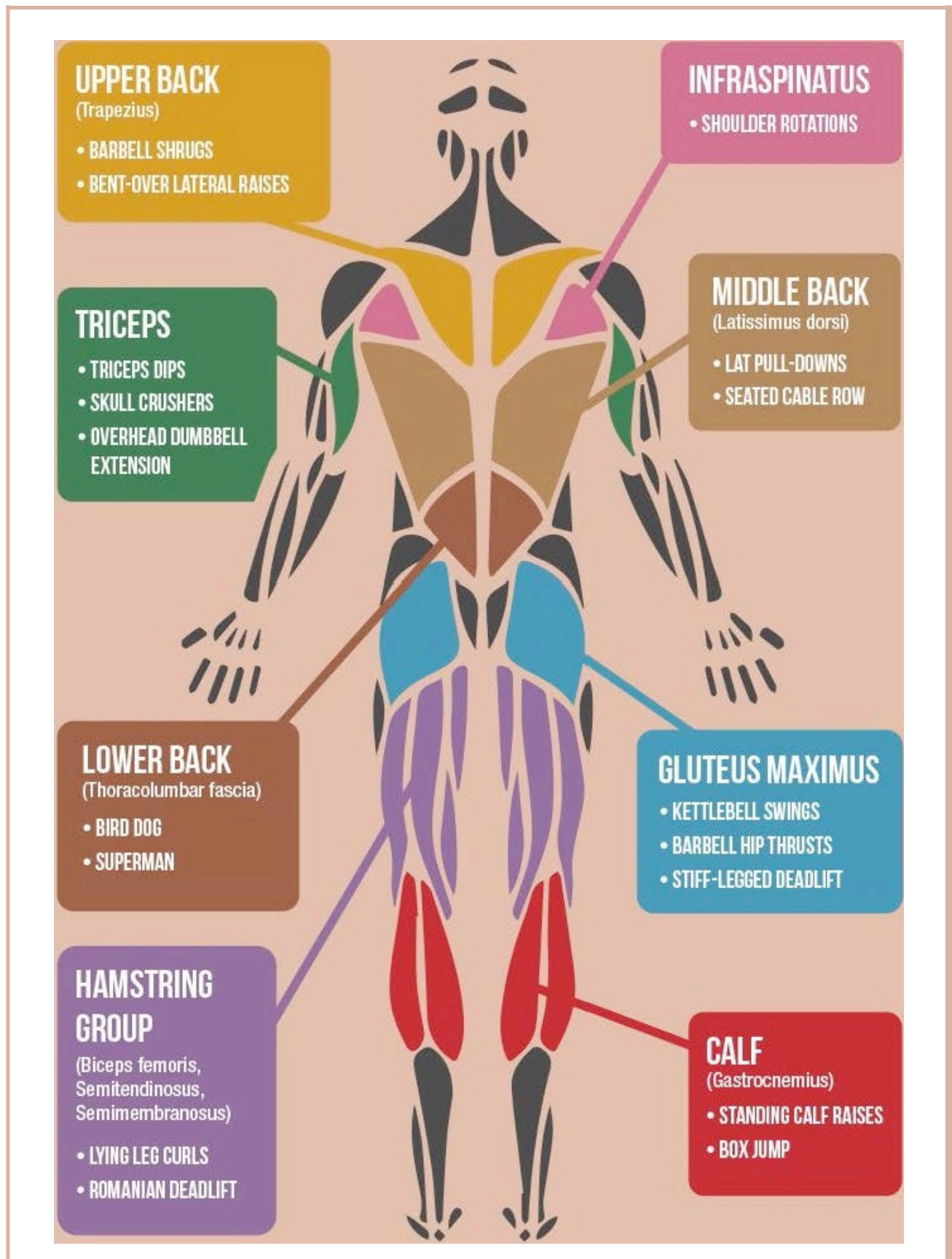
Imaginary Targets: Torso, Chest

- Stand with your left foot forward in fighting stance.
- Turn hips to the right, and pivot right toes out slightly.
- Lift your left knee toward the chest, keeping your foot flexed (not shown).
- Forcefully extend the left leg out to the left side, pushing through the heel while counterbalancing by leaning your entire upper body toward the right.
- Keep hands in fists near face. Retract the kick and immediately return to fighting stance.

Quick Tip: Think of kicking through target with heel.



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Closing message from DXF® Creator, Bryant “Drew” Andrews



As a Human Services Practitioner, I am interested in finding solutions to social issues in our communities. Nothing else is more important than the health and well being of our nation's society. My goal is to inspire, motivate and educate individuals to stay HEALTHY through engaging movement, fitness techniques and community collaboration.

The purpose of DXF® is to create fun, inspire joy and encourage empowerment using non-intimidating activities toward a healthy mind and body. We take a holistic approach to this endeavor. Living a holistic life is really about incorporating healthy living habits into your daily routine. The good news is that even small steps, reap big rewards."

Welcome to the DXF® Family!

~Drew

