

## Session 1401: The Ultimate Mind Body Workout for Healthy Aging

Presented by Mo Hagan and Lisa Mastracchio

Choreography Notes:

Warm Up:

1. Swat Tap wide 3x, 2-Step Touch R, Repeat L
2. Step Touch 2x, March R/L 4x – Repeat 4x
3. March 3, 1 Tap, Repeat L – Repeat 4x
4. Grapevine 4x
5. Step Alt Leg Curl 8x
6. Combo: Easy Walk 4x, Box Step 4x, Intentional Step 4x, Step Knee Repeater 4

Cardio 1:

1. Walk The Line Combo 2x
2. Step Knee Repeater 12x, March L
3. Easy Walk 8x
4. Straddle Step 4x
5. Step Touch 2x, March 4x – Repeat 4x
6. Step Knee, March 2x – Repeat L – Repeat 7.5x  
Repeat 1-6 on L lead

Function Strength 1: with dumbbells

1. Side Stepping Lunge
2. Offset single leg squat
3. Tap back repeater
4. ½ T Squat tap back
5. ½ T Back stepping lunge

Functional Strength 2: with dumbbells

1. Squat combo
2. Hip Swing
3. Deadlift combo
4. Dead row combo

Cardio Peak: HIIT #1

1. Step Touch 8x
2. 2-Step Touch/Grapevine combo 4x
3. Step Leg Curl 16x
4. Seated Skater 8x
5. Side Tap/Knee Repeater 16x
6. Seated Skater 8x  
Repeat 1-6 on L lead

### Cardio Peak: HIIT #2

1. Squat combo
2. V-Step-Box Step combo
3. Later March/Run combo
4. Squat Tap Wide combo
5. Skate combo

### Functional Strength 2: with resistance tubing

1. Deadlift bicep row combo
2. Resisted Leg Press
3. Squats
4. Standing core combo
5. Squat with pull down

### Functional Core & Mobility Combo

In session presentation

### Recovery:

1. Step Tap Wide combo
2. Dynamic Lunge combo
3. Calf & Hamstring stretch combo
4. Lateral Body & Quad stretch combo
5. Lateral Body Stretch with Power Posing

### NOTES:

### Music by Yes!Fitness Music

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