

DRUMS ALIVE ® - TONE & DRUM

Tone & Drum is a cutting edge fitness program that was designed to seamlessly blend the worlds of stability and resistant training with the powerful rhythmical world of Drums Alive ®.

Tone & Drum is the perfect combination to get fit, burn fat and tone the entire body while striving to improve balance, coordination and neuromuscular health.



Focus Points:

1. Provide cutting edge choreography from aerobic, toning and core work with the powerful bouts of rhythmical drumming designed to increase the heart rate, respiration rate and caloric expenditure (burn fat) and tone the body.
2. Provide a powerful exercise program for strength, balance and coordination using a large stability ball.
3. A sensory motor program designed to provide the mind and body instant feedback through continuous movement and rhythmical flow.
4. Designed to help improve neurological health and fitness by stimulating the pathways between left and right brain hemispheres.
5. Provide instructors and students endless opportunities and ideas on how to integrate toning and flexibility into your workout.

Tone & Drum Workout should include:

Appropriate Equipment

- Anti – burst Fitness Ball
- Adequate Ball Holder or Step Riser
- Hard wood, high quality drumsticks that are free of cracks, splinters, or broken tips

Appropriate Music

- Utilize the appropriate music for the Tone & Drum choreography.
 - For Music Tips see www.drums-alive.com
 - See www.move-ya.com for additional toning music

Provide a Safe Environment

- Environment - Appropriate room space and floor surface. Make sure the room space and floor area around the ball, (front, side, back) is clear of debris or hindrances and there is enough room to move and drum safely.

**See the Drums Alive® Instructor Manual for more information on Safety and Equipment use.*

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Follow the General Guidelines for a safe and effective Tone & Drum program

- Follow the guidelines from the American College of Sports Medicine for a healthy exercise program.
- Promote safety on all levels, beginning with the proper choice of the environment you are working in, the choice of equipment to the choice of movement and rhythmical skills. **“Safety First”**. Follow the Drums Alive ® guidelines.
- Check **ALL** equipment for safety before beginning the program!
- Movement and rhythm patterns should be adapted to age, physical and cognitive development level and should appeal to your clients on multiple levels.
- Teach proper form and techniques to ensure safety.
- Encourage individuals to actively participate to gain the physical benefits.
- Be conscious of directional changes which are designed to help improve spatial awareness!
- Add modifications when necessary.

Considerations for Strength Training Intervals:

1. Please perform 16 to 24 repetitions per exercise. If you have more time perform two to three sets.
2. Intensity = 50 – 60 % of your maximum strength!

Class Design should include:

Warm up – Mobilisation, Preparation, Linear Progression
Workouts Drumming & Choreography
Workouts Drumming & Toning
Wellness
Cool Down & Stretch

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