

FitroFlow for Schools Video Breakdown and Information Booklet



Tanya Thompson
FITROFLOW

Welcome to FitroFlow Schools where we are able to encourage children to have a healthy mind and body through positive peer influence.

This is where children teach children in a fun and educational way. Every video ends with a healthy tip of the week i.e. get out into nature more often, choose a fruit instead of a sweet, drink more water, what does our spine look like, what does our shoulder look like and more.

NB: Each video has a reminder to be sun-safe and to have their water bottles ready. There is also a 2-and-a-half-minute water break twice in each video to give them a chance to rest and rehydrate.

Below is a Breakdown of the Focus for each Video for each Age Group. We chose our themes very carefully and you can view the summary in the table below:

Video 1	Posture and Core
Video 2	Rolling for Spinal mobility
Video 3	Strong upper body
Video 4	Strong when standing
Video 5	Strong hips
Video 6	Flexibility
Video 7	Strong legs
Video 8	Strong spines
Video 9	Strong knees
Video 10	Stability on an unstable surface (ball)
Video 11	Chair posture and awareness
Video 12	Spatial awareness
Video 13	Strong feet
Video 14	Full body workout
Video 15	Joint and spine rotation and twisting
Video 16	Strong arms and healthy necks
Video 17	Mind-Body development
Video 18	Body length and release
Video 19	Balance control on unstable surfaces
Video 20	Free movement

Video 1:

- **Kiddies:** We are about to introduce you to your posture and your core. How amazing is that? Enjoy sitting straight up like a raw spaghetti stick.
- **Tweens:** We are about to introduce you to your Posture and your core. You are about to learn how to sit and stand with a string that is pulling your spine straight up to encourage healthy spines.
- **Teens:** You are about to exercise to improve your posture because you find yourself behind the desks or computers more often. This video is going to show you how to improve you posture while creating functional strength.

Video 2:

- **Kiddies:** Get your 7-inch ball ready! Let's get your spine rolling, stretching and moving like never before. You are about to do the Roly-Poly Class and we promise you that this is going to be a lot of fun!
- **Tweens:** Get your 7-inch ball ready! Let's get your spine flexible and moving like never before with our Spine Flex class!
- **Teens:** Get your 7-inch ball ready! Let's get your spine moving, flexing, rolling and extending. This program is going to promote a mobile and strong spine which is really important for your spinal health. If you are sitting for long hours behind your desk, then this is going to feel amazing!

Video 3:

- **Kiddies:** Let's get those tummy muscles active and strong. You are about to learn how to work your tummy muscles in all kinds of positions while always keeping good posture in mind. Remember to keep as straight as a raw spaghetti stick.
- **Tweens:** Let's get those Abs active and strong. You are about to work your abdominals in all kinds of positions while always keeping good posture and alignment in mind. This is how you get Fab Abs!
- **Teens:** Let's get those Abs active and strong with this Terrific Torso exercise program. You are about to work your abdominals in all kinds of positions while always keeping good posture and alignment in mind. This is how you get Fab Abs! If you are doing any specific sports, then this is a great Ab and core workout for you too.

Video 4:

- **Kiddies:** Get your exercise band ready. We are about to teach you how to stand with confidence and strength in a fun and engaging way. From squatting to jumping with a strong postural focus, you are about to have a lot of fun and get their heart rates up a little bit.
- **Tweens:** Get your exercise band ready. We are about to introduce you to standing with confidence and strength. From jumping to squatting with a strong focus on posture, they are about to get their heart rates up with more functional movement and a great healthy tip of the week at the end.
- **Teens:** Let's get you strong and focused through this Standing Strong class. They will be jumping, squatting and getting their heart rate up therefore, improving their functional movement with a great healthy tip at the end of the class.

Video 5:

- **Kiddies:** Get your small 7-inch ball ready. Let's get your hips active and strong. You use your hips everyday when you walk, sit, stand, run and jump so this program is going to get you stronger in all of those movements. Enjoy the Happy Hippy program!
- **Tweens:** Get your small 7-inch ball ready. Let's get your hips active and strong. You use your hips every day when you walk, sit, stand, run, roll and jump so this program is going to get you stronger in all of those fun movements. Enjoy the Happy Hippy program!
- **Teens:** Get ready to get your hips and glutes active. This is where you build strength and power in your hips which will contribute to hip health and better performance in your sports.

Video 6:

- **Kiddies:** Get your exercise band ready and let's move you like a rubber man while we get you more flexible in every joint in your body. You are going to love this exercise program because we are about to get you to do so many fun movements while getting you to stretch!
- **Tweens:** Get your exercise band ready and let's do some easy stretch work. You are about to improve your flexibility in all of the joints in your body. Let's get flexible!
- **Teens:** Get your exercise band ready and let's work on your flexibility for better agility and ease of movement. You are about to get loose.

Video 7:

- **Kiddies:** Let's get your legs fit and healthy with this fun class that focuses on getting your legs moving, getting your heart rate up and getting strong.
- **Tweens:** Let's get your legs fit by loading them a little and moving them with speed. This is where you improve your strength and agility.
- **Teens:** Let's get your legs fit and healthy with this intense leg work-out! This is where leg strength meets good form!

Video 8:

- **Kiddies:** Get your foam roller ready! You are about to get you back strong and healthy with the use of your wobbly foam roller. Remember, you only have 1 spine so you really need to take care of it!
- **Tweens:** Get your foam roller ready! You are about to get your back stronger and healthier with this simple Super Spine class. Remember, you only have 1 spine so you really need to take care of it!
- **Teens:** Get your foam roller ready! You are about to get your back stronger and healthier with this simple 'Super Spine Class'. This is going to be of great value for you when you find yourself studying for long hours at a time or when you are doing your sport of choice. Remember, you only have 1 spine so you really need to take care of it!

Video 9:

- **Kiddies:** Get your small ball ready! You are about to get really strong knees. Enjoy the Knee Power class as we focus on creating strong and mobile knees to help you climb the jungle gym and trees better! And yes, you will be standing quite a bit in this class!
- **Tweens:** Get your small ball ready! You are about to get really strong knees. Enjoy the Knee Power class as we focus on creating strong and mobile knees in all the different positions. And yes, you will be standing quite a bit in this class!
- **Teens:** Get your small ball ready! You are about to strengthen your knees in so many different ways. This is going to be of great value to you when you do any kind of sport and most importantly for the most basic movement such as sitting on a chair and standing up again.

Video 10:

- **Kiddies:** Get your big ball ready! You are about to do the Bouncy Balance class. This is going to be so much fun. Get ready to bounce without falling off of the ball and enjoy the fun song that we teach you in this class too!
- **Tweens:** Get your exercise ball ready! You are about to learn how to stabilize your body better by using the exercise ball through our Ball Balance class. And yes, you will be bouncing.
- **Teens:** Get your exercise ball ready! You are about to learn how to stabilize your body better by using the exercise ball through our Ball Balance class. This is going to be phenomenal stability training and will hone in on your co-ordination for your sport of choice.

Video 11:

- **Kiddies:** Get your chair ready! You are about to do the Listen Up class! Be amazed at how you are about to exercise with only a chair! It is super easy and loads of fun!
- **Tweens:** Get your chair ready! You are about to do the Listen Up class! Be amazed at how you are about to exercise with only a chair! You will think twice when you get up off of your chair in class again!
- **Teens:** Get your chair ready! You are about to do the Listen Up class! Be amazed at how you are about to exercise with only a chair! Who needs equipment when you can just use a chair to do this awesome class!

Video 12:

- **Kiddies:** It is Eyes Closed quite often for the 'Where am I class?'. This is where you get to close your eyes and feel where your body is in space. Notice how close your friend is next to you and how close the furniture is around you.
- **Tweens:** It is Eyes Closed quite often for the 'My Space Class'. This is where you get to close your eyes and feel where your body is in space. Notice how close your friend is next to you and how close the furniture is around you.
- **Teens:** It is Eyes Closed quite often for the 'My Space Class?'. This is where you get to close your eyes and feel where your body is in space while it is moving. Notice how close your friend is next to you and how close the furniture is around you. This is crucial to develop our mind-body connection and proprioception.

Video 13:

- **Kiddies:** Get your exercise band and 7-inch ball ready because today you are working on your feet in our 'Toes to me Nose class!' You are going to jump, stretch, work, grip and balance!
- **Tweens:** Get your exercise band and 7-inch ball ready because today you are working on your feet in our 'Foot Flex class!' You are going to jump, stretch, work, grip and balance!
- **Teens:** Get your exercise band and 7-inch ball ready because today you are working on your feet in our 'Grounded Class!' You are going to jump, stretch, work, grip and balance!

Video 14:

- **Kiddies:** Get ready to Ripple as we do our full body flow 'Ripple Class! Don't stop, keep going and keep moving!
- **Tweens:** Get ready to Ripple as we do our 'FitroFlow Full Body class!' Don't stop, keep going and keep moving!
- **Teens:** Get ready to move as we do our 'FitroFlow Full Body Class!' Don't stop, keep going and keep moving!

Video 15:

- **Kiddies:** Get your big ball and exercise band ready and enjoy our 'Twister Class!' Let's twist your back and rotate all of your joints.
- **Tweens:** Get your exercise ball and exercise band ready and enjoy our 'Twister Class!' Let's twist your back and rotate all of your joints.
- **Teens:** Get your exercise ball and exercise band ready and enjoy our 'Twister Class!' Let's twist your back and rotate all of your joints to get all of the smaller as well as the larger muscles active and working to prevent injury.

Video 16:

- **Kiddies:** Get your Foam Roller and exercise band ready! You are about to do our 'Happy Helper Class!' Let's get stronger arms while learning how you can look after your neck better.
- **Tweens:** Get your Foam Roller and exercise band ready! You are about to do our 'Strong Arms Class!' Let's get stronger arms while learning how you can look after your neck better.
- **Teens:** Get your Foam Roller and exercise band ready! You are about to do our 'Super Arms Class!' Let's get stronger arms while learning how you can look after your neck better.

Video 17:

- **Kiddies:** Get ready to do the 'Criss-Cross Class' where your left side meets your right side throughout the entire class! This is going to be challenging and sometimes a little fast! But you can do it!
- **Tweens:** Today you are going to focus on improving your Mind-Body Connections. Knowing your body, how it moves and how it feels is super important for your health. A healthy mind means a healthy body!
- **Teens:** Today you are going to focus on improving your Mind-Body Connections with our 'Plug In Class'. Knowing your body, how it moves and how it feels is super important for your health. A healthy mind means a healthy body!

Video 18:

- **Kiddies:** Get your foam roller ready! You are about to do our 'Skyscraper Class'. Think of how you can be the tallest that you can be while moving both slowly and quickly.
- **Tweens:** Get your foam roller ready! You are about to do our 'Reach it Class'. Think of how you can be the tallest and the most open that you can be while moving both slowly and quickly.
- **Teens:** Get your foam roller ready! You are about to do our 'Expansion Class'. Think of how you can be the tallest and the most open that you can be while moving both slowly and quickly.

Video 19:

- **Kiddies:** Let's get your body to flow and feel totally free in our 'I am Free Class'. No effort just relaxation, Fun and Free Movement.
- **Tweens:** Let's get your body to flow and feel totally free in our 'Freedom Class'. No effort just relaxation, Fun and Free Movement.
- **Teens:** Let's get your body to flow and feel totally free in our 'Body Flow Class'. No effort just relaxation, focus and free movement.

Video 20:

- **Kiddies:** Get your foam roller and your exercise ball ready. You are about to do our 'Roll Me Over Class'. Let's roll the whole body all over while having loads of fun.
- **Tweens:** Get your foam roller and your exercise ball ready. You are about to do our 'Roll with Control Class'. Let's roll the whole body all over while having loads of fun.
- **Teens:** Get your foam roller and your exercise ball ready. You are about to do our 'Balance Control Class'. Let's roll the whole body while maintaining control and stability!

How does it work?

The process to join FitroFlow schools is very simple.

1. Purchase the yearly subscription of your choice directly off of our website. You have an option of Kiddies, Teens or Tweens or you are able to purchase only two or all three of the programs. The videos will be available immediately in your Schools Profile on the FitroFlow website.
2. Remember your login details because you will need to login for the day when you use a video for your class. You can also just choose the 'remember me' option so that you never have to fill in your login details again.
3. There are 20 videos of 30 – 40 minutes each. These videos will take you to the middle of the year. Once you have completed the 20th Video, you will go back to video 1 to start the second half of the year. This is to ensure that the children keep practicing what they have learned. They will be repeating a class only once a year. This means that they will be getting a variety of classes throughout the year without feeling bored with the same physical fitness every time.
4. Each video has a description so you will know what small equipment you will need for that specific class.

What equipment will you need?

We have kept it very simple and affordable but we wanted to introduce the children to the basic exercise equipment in order to keep them active even when they are not at school. Just by introducing them to these small exercise props, they will find their favourite and start on a journey of loving exercise and wanting to do more!

You will need:

1. 7-inch exercise balls
2. 21-inch exercise balls
3. Exercise bands
4. Foam Rollers

These can be purchased directly off of our website from Amazon. We have chosen the best and most affordable products for you!

It is as simple as that!

Please contact us at info@fitroflow.com should you have any further questions.

Siénna Anne, Rhiley Kim and Tanya Thompson hope to see you on the PC, Tablet, TV or Projector soon!