

# 🌀 **InterVITALITY** 🌀

## *An Interval Experience for Mind, Body & Heart*

*This concept is a tribute to the potential of the human body, the influence of the heart and the power of the mind. This session is born out of the passion we have for what we have been blessed with in our professions and the immense respect we hold for each other. When we allow life force energy to inform movement rather than impose external ideals... amazing things happen!*

**Farhan & Marla**

### **STEP TRANCE**

#### **MARLA: Block 1**

*Willow Tree: Alternating V-step with Willow Arms*  
*Totem Pole: Slow Knees-up (lift, cross & circle exit) with Eagle Pose Arms*

#### **MARLA: Block 2**

*Dancing Warrior: Defend / Attack Mambo, Warrior II, Knee-up Exit*  
*Defend the Empire: Reverse Leg Curl Weave with Pulse around Repeater X 2*

#### **MARLA: Block 3**

*Praying Buddha: 2 V-steps, Slow Knee Up to Figure 4 Stretch, Exit*  
*Serenity Spin: Mambo Front & Back (with corkscrew spin option)*

#### **MARLA: Block 4**

*Where Angels Tread: Step up to Top, 6-point Mambo (off of front of step)*  
*Exit Back, Wide Mambo X-over Exit*  
*Whirlpool: Reverse Leg Curl Weave (on end of step) X 3, Walk Around (double spin)*

### **MINDFUL MUSCLE**

#### **FARHAN: Block 1**

- *Holding weights at chest height, squats 8X*
- *Overhead shoulder press 8X*
- *Combine 4X*
- *Layer: squat and overhead press to Right and repeat to Left 4X*
- *Layer: squat, overhead press to Right then cross chop dumbbells to left hip and back over to right shoulder. Repeat other side 4X*
- *Layer: as you perform overhead shoulder press to right lift left foot off the ground 4X*
- *Layer: as you perform cross chop to left hip, flex left hip and knee (martial art chamber position) 4X*

### **FARHAN: Block 2**

- *Standing on top of step reverse lunge Right leg 8X*
- *Reverse lunge then lateral raise while on top of plat form 8X*
- *Add knee lift when performing lateral raise*
- *Layer: Reverse lunge for count 1 and 2, lateral raise knee lift count 3 and 4, extend right knee count 5 and 6, lower arms and legs count 7 and 8*
- *Repeat whole sequence for left leg*
- *Standing on step: overhead shoulder press 8X*
- *Combine: Same as in sequence 4 except now alternating right and then left leg and when extending the knee add overhead shoulder press*

### **FARHAN: Block 3**

- *Standing in split stance so left leg is on step and right foot is off step up and down onto step 4X*
- *Increase ROM 4X*
- *Overhead shoulder press 8X*
- *Combine: Step up and over head shoulder press count 1 and 2, stay up on left leg and lower weights to chest and back up count 3 to 6, lower weights and step down count 7 and 8*
- *Layer: instead of lowering weights to chest open arms out (like pulling apart curtains) counts*
- *Layer: extend right hip while opening arms*
- *Layer: open arms and make a figure 8 counts 3 to 6*

### **FARHAN: Block 4**

- *Lying on top of step with hands on step perform reverse push up: onto knees 4X / onto toes 4X*
- *Hold side lying T stance for 4 seconds with knees bent, layer with straight knees for 4 seconds. Repeat other side*
- *Holding T stance, flex bottom knee and hip 4X (as you are lifting the bottom leg the T-stance is being held with the right arm and left leg). Repeat other side*
- *Combine: reverse push-up into T-stance, lower hip as you flex right knee and hip and return to T-stance, switch to T-stance facing other way, lower hip and flex left knee and hip and return to T-stance, get into plank position and lower to start position. Repeat 4X*

**MARLA ERICKSEN**  
[marla@marlaericksen.com](mailto:marla@marlaericksen.com)  
[www.marlaericksen.com](http://www.marlaericksen.com)

**FARHAN DHALLA**  
[farhandhalla@farhandhalla.com](mailto:farhandhalla@farhandhalla.com)  
[www.farhandhalla.com](http://www.farhandhalla.com)