

TRUE40[®]

2021: Q1 WARM UP: ENERGY

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome / Introduction / Announcements</p> <p>Opening Stretch</p> <ul style="list-style-type: none"> ● 3 Breaths ● Side Bend Stretch (L/R) ● Sumo squat for Cat/Cow ● Plie Squat twist stretch <p>Aerobics</p> <ul style="list-style-type: none"> ● Curtsey Lunge → Oblique Knee Drive → Straight Leg Kick (Side one) <ul style="list-style-type: none"> ○ Alternate ● Plie Jacks w/ Arm Swings <ul style="list-style-type: none"> ○ Start w/ plie heel drags → add on Jacks ● Curtsey Lunge → Oblique Knee Drive → Straight Leg Kick (Side two) <ul style="list-style-type: none"> ○ Alternate <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Side Plank w/ thread the needle (R) → Plank → Side plank w/ thread the needle (L) <p>Stretch</p> <ul style="list-style-type: none"> ● Downdog → Forward Fold → Roll up 	<p>Knees / Hips: Work smaller & higher up in posture Instability: Do not take knee drive / kick option</p> <p>Knees / Hips: Work higher & smaller in Plie Low Impact: do not take the jump option</p> <p>Knees / Hips: Work smaller & higher up in posture Instability: Do not take knee drive / kick option</p> <p>Back/Shoulders/Wrist: take plank to the barre</p>	<p>Quads, Hamstrings, Glutes, Hips, Obliques, Abdominals</p> <p>Quads, Glutes, Hips, Shoulders, Calves (plyometric)</p> <p>Quads, Hamstrings, Glutes, Hips, Obliques, Abdominals</p> <p>Shoulders, Back, Obliques, Abdominals</p>	<p><i>Mask</i> MEDIKAL 3:12</p> <p><i>The Squat Song (with MOTi)</i> BODYWORX, MOTi 2:27</p> <p><i>Destination Calabria</i> MEDIKAL 3:56</p>

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LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
<ul style="list-style-type: none"> ● Single Leg Chair Squat w/ Ball (side one) <ul style="list-style-type: none"> ○ 1 inch ○ Pistol Extensions ○ Heel presses into ball ○ GFH ● Power Plie <ul style="list-style-type: none"> ○ Facing Barre ○ 1 inch ○ 2-count LRM ○ Pulses w/ alternating heel drops ○ GFH ● Single Leg Chair Squat w/ Ball (side two) <ul style="list-style-type: none"> ○ 1 inch ○ Pistol Extensions ○ Heel presses into ball ○ GFH 	<p>Foot/Ankle: remove ball Knees: work higher in posture Back: work more upright instead of incline</p> <p>Foot/Ankle: lower heels Knees/Hips: work higher or turn into sumo squat</p> <p>Foot/Ankle: remove ball Knees: work higher in posture Back: work more upright instead of incline</p>	<p>Quads, Glutes, Hamstrings, Claves, Biceps, Back</p> <p>Quads, Inner / Outer Thighs, Glutes, Hips, Calves</p> <p>Quads, Glutes, Hamstrings, Claves, Biceps, Back</p>	<p><i>Looking at Me</i> Sabrina Carpenter 3:01</p> <p><i>Ice Cream (with Selena Gomez)</i> BLACKPINK, Selena Gomez 2:56</p> <p><i>Take you Dancing - R3HAB Remix</i> Jason Derulo, R3HAB 2:56</p> <p><i>Loco</i> Anitta 2:37 <i>*stretch for one minute of the song*</i></p>
<p>Stretch</p> <ul style="list-style-type: none"> ● Heel to Seat (R/L) ● Single Leg Hamstring Stretch → place leg on barre for deeper stretch (R/L) 			

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Posture/Movement	Modification	Muscles Worked	Music
<p>TRX:</p> <ul style="list-style-type: none"> ● TRX Shoulder Press <ul style="list-style-type: none"> ○ Challenge: add froggers <p><i>**Put TRX straps into single arm mode</i></p> <ul style="list-style-type: none"> ● Single Arm Tricep / Forearm Press w/ Reverse Lunge (R/L) ● Single Arm Bicep Curl to Single Arm Bicep Row (R/L) <ul style="list-style-type: none"> ○ Alternate between them <p>Barre:</p> <ul style="list-style-type: none"> ● Barre Wide Push-ups <ul style="list-style-type: none"> ○ Pulses ○ LRM → add reverse leg extension (alternating) ○ Pulses ○ GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Barre Back Fold Chest/Shoulder stretch ● Elbows to barre, hands in prayer Tricep stretch ● Wrist/Forearm stretch 	<p>Shoulder: Use weights</p> <p>Hip/Knee: Work higher in lunge Instability: use weight, hold onto the barre</p> <p>Low Back: work in TRX kickstand posture Shoulder: stay in bicep rows (working lower with arm) Instability: use weights</p>	<p>Abdominals, Back, Shoulders: Deltoids, Trapezius, Lats; Glutes / Quads / Calves (with froggers)</p> <p>Triceps, forearms, Quads, Glutes, Hamstrings, Abdominals</p> <p>Biceps, Deltoids, Traps, Rhomboids, Abdominals</p> <p>Chest, Back, Abdominals</p>	<p><i>**song continues from leg work stretch**</i></p> <p><i>Loco</i> Anitta 2:37</p> <p><i>Let You Go</i> RudeLies, Facading 2:54</p> <p><i>Rhythm of the Night</i> metr, Jacob Tillberg 2:39</p> <p><i>Lose You</i> Tiesto, ILIRA 2:28</p>

**2021: Q1
GLUTE WORK: CONTROL**

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Posture/Movement	Modification	Muscles Worked	Music
<ul style="list-style-type: none"> ● Standing Pretzel with TRX (side one) <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Pulses - press heel at angle across body ○ GFP ● Standing Pretzel with TRX (side two) <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Pulses - press heel at angle across body ○ GFP ● Parallel Glute Bridge w/ Gliders <ul style="list-style-type: none"> ○ LRM ○ Alternating Hamstring Curls ○ Challenge: both legs together ○ Pulses w/ toes lifted ○ GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Hug Knees → Reverse Butterfly stretch 	<p>Hips/Low Back: bring foot in closer to body (work smaller) or do posture without TRX</p> <p>Hips/Low Back: bring foot in closer to body (work smaller) or do posture without TRX</p> <p>Knees: Walk feet wider; do not use gliders for hamstring curls</p> <p>Low Back: lower hips closer to mat</p>	<p>Gluteus Medius, Minimus, Maximus, Hips, Low Back</p> <p>Gluteus Medius, Minimus, Maximus, Hips, Low Back</p> <p>Gluteus Maximus, Hamstrings, Pelvic Floor, Low Back</p>	<p><i>Rhythm Nation</i> Janet Jackson 5:31</p> <p><i>Enemies (feat. DaBaby)</i> Post Malone, DaBaby 3:17</p> <p><i>Falling in Love</i> Dennis Kruissen, Drew Love 2:55</p>

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<p>Core Blast:</p> <ul style="list-style-type: none"> • Supermans 	<p>Prone Discomfort / prenatal: Take a plank on mat or at the barre</p>	<p>Back Extensors: Erector Spinae & Multifidus, Shoulders and Glutes</p>	<p>**song continued from stretch** <i>Falling in Love</i> Dennis Kruissen, Drew Love 2:55</p>
<ul style="list-style-type: none"> • Weighted Table Top Extension 	<p>Neck: keep head, neck & shoulders on the mat Low Back/Hips: work higher, not lowering legs towards ground as much; place ball under hips</p>	<p>Transverse Abdominis, Rectus Abdominis, Psoas, Shoulders</p>	<p><i>DJ</i> Sam Dew 3:17</p>
<ul style="list-style-type: none"> • Oblique V-ups 	<p>Prenatal: work smaller or find small seated twists</p>	<p>Transverse Abdominis, Rectus Abdominis, Internal and External Obliques, Psoas</p>	<p><i>Girls Like Us</i> Zoe Wees 3:09</p>
<ul style="list-style-type: none"> • All Fours Bird Dog variation <ul style="list-style-type: none"> ○ Keep leg / arm straight. Tap slowly to ground and lift w/ control ○ Challenge: Add ball under one knee 	<p>Wrist/Shoulder: make a fist, go to forearms, or take bird-dogs at the barre Instability: remove the ball</p>	<p>Transverse Abdominis, Back Extensors</p>	<p><i>Grey</i> Why Don't We 4:38</p>

**2021: Q1
 YOGA FLOW: BREATHE**

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<p>Plank</p> <ul style="list-style-type: none"> 60 second hold <p><i>**Place yoga straps at each station</i></p> <ul style="list-style-type: none"> Child's Pose→Thread the needle shoulder stretch (L/R) <p>Yoga Straps:</p> <ul style="list-style-type: none"> On knees, straps overhead for side body stretch Seated Hamstring stretch → IT band (pull straps / leg up across body) Straps thread overhead to spinal twist / chest opener Repeat side two <p>Spinal Flow: seated w/ legs forward, straps around feet. Fold forward, round spine and stretch, then sit tall, root into sitz bones and lengthen spine. Repeat several times.</p> <ul style="list-style-type: none"> Hip Opener: Butterfly stretch Low Crouch→ Forward fold→Roll up Neck Stretch → hands on head to manually stretch forward, right, back, left 3 Closing Breathes <p><i>"Thank you for honoring your body, and being true to you"</i></p>	<p>Wrist: work on forearms</p> <p>Shoulders/Back/ Prenatal: Lower knees or take plank standing at the barre</p> <p>Option: do not use the yoga strap</p>	<p>Erector Spinae, Rectus Abdominis, Transverse Abdominis, Shoulders</p> <p>Chest, Hips, Shoulders, Upper and Lower back</p> <p>Hamstrings, Inner Thigh / Groin, Outer Thigh /IT band, Back, Chest, Abdominals</p> <p>Hamstrings, Back Extensors, Abdominals</p> <p>Hips, Inner Thighs, Low back, Hamstrings, Calf muscles, Neck extensors</p>	<p><i>**song continued from core*</i></p> <p><i>Grey</i> Why Don't We 4:38</p> <p><i>this is how you fall in love</i> Jeremy Zucker, Chelsea Cutler 2:55</p> <p><i>Pachamama</i> Beautiful Chorus 2:18</p> <p><i>Another In The Fire - Studio</i> Hillsong UNITED, TAYA 4:26</p>