

TRUE40[®]

WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<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"> ● March to Side Kick Side 1 <ul style="list-style-type: none"> ○ Challenge to add hop ● Slider to Modified Jack <ul style="list-style-type: none"> ○ Challenge: add hop in the slider and in Jumping jacks ● March to Side Kick Side 2 <ul style="list-style-type: none"> ○ Challenge to add hop <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Widearm Pushup Pulses ● Plank Up Downs 	<p>Shoulders/Wrist/Back: Take to the Barre</p>	<p><i>Sos - Workout Remix 128 BPM</i> Power Music Workout (3:03)</p> <p><i>Turbulence (feat. Lil Jon) - Radio Edit</i> Steve Aoiki, Laidback Luke, Lil Jon 3:47</p> <p><i>Scrub The Ground (feat. DJ Funk)</i> Chocolate Puma, Tommie Sunshine, DJ Funk 2:48</p>

LEG WORK: POWER

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Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● Curtsy w/ Glider Side1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM, leg sweeps to side ○ Heel drags ○ GFH ● Reverse Power Chair <ul style="list-style-type: none"> ○ 1 inch ○ Heel Drops ○ GFH ● Curtsey w/ Glider Side2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM, leg sweeps to side ○ Heel drags ○ GFH ● ● Stretch <ul style="list-style-type: none"> ○ Heel to Seat ○ Figure 4/Standing Pigeon ○ Heel to seat side 2 ○ Figure 4/Standing Pigeon ○ Wide Forward fold 		<p data-bbox="1057 432 1390 531"><i>Here It Is (feat. Chris Brown)</i> Flo Rida, Chris Brown 3:12</p> <p data-bbox="1146 753 1305 852"><i>Big Rings</i> Drake, Future 3:37</p> <p data-bbox="1094 1041 1357 1140"><i>Right Above It - Edited</i> Lil Wayne, Drake 4:40</p>

COMBO WORK: FIRE

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Posture/Movement	Modification/Challenge	Music
<p>Weights</p> <ul style="list-style-type: none"> ● Alternating Side lunge with single arm low rows ● Box Squat w/ Hammer Curl > Shoulder Press ● Alternating Side lunge with single arm low rows <p><i>Move to barre, grab ball with weights</i></p> <ul style="list-style-type: none"> ● Base Posture w/ Elevated Hammer Curl to Shoulder Press, Ball at the Forearms <ul style="list-style-type: none"> ○ Challenge lift the heels <p>TRX</p> <ul style="list-style-type: none"> ● Alternating Oblique Reaches ● Alternating Lunge w/ Tricep Press <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch ● Chest opener 		<p style="text-align: center;"><i>Swag Surfin'</i> F.L.Y. (Fast Life Yungstaz) (4:09))</p> <p style="text-align: center;"><i>Hold My Hand - Feenixpawl Remix; Radio Edit</i> Jess Glynne, Fennixpawl (3:35)</p> <p style="text-align: center;"><i>GUD VIBRATIONS</i> NGHTMRE, SLANDER (3:43)</p>

GLUTE WORK: CONTROL

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Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> ● Standing Glute Snappers Side 1 <ul style="list-style-type: none"> ○ Pulses ○ LRM ○ Circles ● Standing Glute Snappers Side 2 <ul style="list-style-type: none"> ○ Pulses ○ LRM ○ Circles <p><i>Grab mats to stations</i></p> <ul style="list-style-type: none"> ● TRX Glute Marches <ul style="list-style-type: none"> ○ Alternating Marches ○ Single leg pulses <p>Stretch</p> <ul style="list-style-type: none"> ● Reverse Butterfly, side 1 and 2 ● Organic stretch 		<p style="text-align: center;"><i>I'mma Shine</i> Youngbloodz (3:36)</p> <p style="text-align: center;"><i>Don't Start Now</i> Dua Lipa (3:03)</p> <p style="text-align: center;"><i>Stayin' Alive (from Happy Death Day 2)</i> Lizzo (3:16)</p> <p style="text-align: center;"><i>Family</i> The Chainsmokers, Kygo (3:14)</p>

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CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
<p>Core Blast</p> <ul style="list-style-type: none"> ● Supine Plank w/ Gliders <ul style="list-style-type: none"> ○ Add Leg Extensions ● Seated TRX alternating Lat Pulls ● TRX rocking Boat <ul style="list-style-type: none"> ○ Challenge: add reverse lift, lift feet into full boat pose ● Glider Swimmers (?) <ul style="list-style-type: none"> ○ Finish with Flutter kicks <p>Stretch: Child's Pose</p>		<p>(continued) <i>Family</i> The Chainsmokers, Kygo (3:14)</p> <p><i>The Story Never Ends</i> Lauv (3:48)</p> <p><i>Sign of the Times</i> Harry Styles (5:40)</p>

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YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> ● 60 Second Plank Hold <ul style="list-style-type: none"> ○ Challenge: Feet In Straps ● Child's Pose <ul style="list-style-type: none"> ○ Side Body Stretch side 1 and 2 <p>Yoga Flow</p> <ul style="list-style-type: none"> ● Upward Facing Dog >Child's Pose x8 ● Downward Facing Dog →Front of Mat →Chair Pose Twist Side 1 →foreward fold, arching back stretch (fingers hook big toe) →Chair Pose Twist Side 2→Downward Facing Dog ● Seated Reverse Butterfly side 1 & 2 → Butterfly w/ deep breathing ● Low Crouch → Forward fold → Roll up ● Neck stretch ● 3 Closing Breaths <p><i>"Thank you for honoring your body today and being true to you"</i></p>		<p>(continued) <i>Sign of the Times</i> Harry Styles (5:40)</p> <p><i>I Get to Love You</i> Ruelle (3:58)</p> <p><i>Come Thou Found of Every Blessing</i> Sufjan Stevens (4:42)</p>