

## 2016 Q4

### WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"> <li>● base posture               <ul style="list-style-type: none"> <li>○ three opening breaths</li> <li>○ step wide for cat/cows</li> <li>○ sumo squat twist (R/L)</li> </ul> </li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>● Knee Drives - Side 1</li> <li>● Charlestons -Side 1               <ul style="list-style-type: none"> <li>○ Challenge - add arm reach down</li> </ul> </li> <li>● Knee Drives - Side 2</li> <li>● Charlestons - side two               <ul style="list-style-type: none"> <li>○ Challenge - add arm reach down</li> </ul> </li> </ul> <p><b>Plank Series</b></p> <ul style="list-style-type: none"> <li>● Tricep pushup               <ul style="list-style-type: none"> <li>○ 1-inch</li> <li>○ Large Range Movement</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Barre back fold/downward dog</li> <li>● Roll up</li> </ul>	<p>Back - lift chest Hips - lower knee Shoulder - lower arms</p> <p>Back / Knees - work smaller</p> <p>Back - lift chest Hips - lower knee Shoulder - lower arms</p> <p>Back / Knees - work smaller and higher</p> <p>Wrist / Shoulder / Back - do pushups at the barre</p>	<p><i>Heads will Roll - A-Trak remix</i> Yeah Yeah Yeahs 6:23</p> <p><i>It's You - Original Mix</i> Duck Sauce 2:59</p>

## 2016 Q4

### LEG WORK

### FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Power Plie Squat - Side 1                             <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM w/ overhead oblique pull</li> <li>○ Challenge to add side knee drive (lower heels)</li> <li>○ GFH</li> </ul> </li> <li>● Upright Chair Squat w/ Ball                             <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ High Row</li> <li>○ GFH</li> </ul> </li> <li>● Power Plie Squat - Side 2                             <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM w/ overhead oblique pull</li> <li>○ Challenge to add side knee drive (lower heels)</li> <li>○ GFH</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Heel to Seat Stretch (side 1 &amp; 2)</li> <li>● Triangle Stretch (side 1 &amp; 2)</li> </ul>	<p>Hips / Knees - work up higher                      Back / Hips - hinge forward and move feet in into sumo squat                      Feet / Ankle - lower to flat foot</p> <p>Hips / Knees - Work Up Higher                      Back / Shoulder - hinge forward at waist into Incline Chair Squat                      Knees / Hips - remove ball</p> <p>Hips / Knees - work up higher                      Back / Hips - hinge forward and move feet in into sumo squat                      Feet / Ankle - lower to flat foot</p>	<p><i>My Songs Know What You Did In the Dark</i>                      Fall Out Boy                      3:09</p> <p><i>Hula Hoop</i>                      OMI                      3:25</p> <p><i>Whistle (While You Work It)</i>                      Katy Tiz                      3:35</p> <p><i>Intoxicated - Radio Edit</i>                      Martin Solveig, Good Times Ahead                      2:41</p> <p>(Finish Song Early, only use 1:00 - 1:30 minutes to stretch)</p>

## 2016 Q4 COMBO WORK FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p><b>TRX</b></p> <ul style="list-style-type: none"> <li>● TRX Chest Press</li>   <li>● Overhead Sumo Squat <i>(grab mats and bring them to stations)</i></li>   <li>● Bicep Curls on Mats</li> </ul> <p><b>Weights</b></p> <ul style="list-style-type: none"> <li>● Renegade Rows               <ul style="list-style-type: none"> <li>○ Challenge to lift to full plank</li> </ul> </li>   <li>● Tricep Kickback on Mats</li> <li>● Hammer Curl to Tricep Kickback               <ul style="list-style-type: none"> <li>○ Add LRM with lower half</li> <li>○ Finish with Pulses</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Overhead Tricep Stretch</li> <li>● Shoulder Stretch</li> </ul>	<p>Shoulder / Back - step foot into kickstand position; step away from the barre for smaller ROM; take push-up to the barre</p> <p>Shoulder - Lower arms to low rows</p> <p>Shoulder - Lower elbows and hands</p> <p>Shoulder / Wrist - low rows on knees Knees - stand in chair squat</p> <p>Shoulder - lower arms Knees - stand in chair squat Back - work more upright</p>	<p><i>Play That Sax</i> Dj Rehan 3:54</p> <p><i>Lose Control (feat. Ciara &amp; Fat Man Scoop)</i> Missy Elliot, Ciara, Fatman Scoop 3:48</p> <p><i>Hey Baby (Drop it to the Floor)</i> Pitbull, T-Pain 3:48</p>

## 2016 Q4

### GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● TRX Glute Work               <ul style="list-style-type: none"> <li>○ Hamstring Curls</li> <li>○ TRX Abductors (side 1 and 2)</li> <li>○ GFH in glute bridge</li> </ul> </li>   <li>● Prone Glutes Side 1               <ul style="list-style-type: none"> <li>○ Turn Out Circles (both directions)</li> <li>○ GFH</li> </ul> </li>   <li>● Prone Glutes Side 2               <ul style="list-style-type: none"> <li>○ Turn Out Circles (both directions)</li> <li>○ GFH</li> </ul> </li> </ul>	<p>Back / Hips- Lower back to mat, take feet out of the straps</p> <p>Back - lower thigh closer to mat Prenatal - Take standing at the barre</p> <p>Back - lower thigh closer to mat Prenatal - Take standing at the barre</p>	<p><i>Work From Home</i> Fifth Harmony, Ty Dolla \$ign 3:48</p> <p><i>Real Love - Henry Krinkle Remix</i> Clean Bandit, Jess Glyne 4:59</p> <p>*use for both sides of Prone Glutes, can rewind song back if needed*</p>
<p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Child's Pose               <ul style="list-style-type: none"> <li>○ Reach from side to side</li> </ul> </li> </ul>		<p><i>Bluebirds</i> Life of Dillon 3:23</p> <p>(starts stretch, continue into core work)</p>
<p><b>**Turn lights Down**</b></p>		

## 2016 Q4

### CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Pilates 100's                             <ul style="list-style-type: none"> <li>○ 2 rounds</li> <li>○ Challenge to straighten legs</li> </ul> </li> </ul>	Neck - keep head on the mat Back - bend knees	(continued) <i>Bluebirds</i> Life of Dillon 3:23
<ul style="list-style-type: none"> <li>● TRX Double Leg Lowers                             <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ GFH</li> </ul> </li> </ul>	Hips - soften knees Back / Hips - work in single leg lowers, or work up higher	<i>FourFiveSeconds</i> Rihanna, Kayne West, Paul McCartney 3:08
<ul style="list-style-type: none"> <li>● Shoulder Slaps                             <ul style="list-style-type: none"> <li>○ Challenge to lift head/neck/shoulders</li> </ul> </li> </ul>	Neck - keep head on the mat Shoulder - lose the weights	
<ul style="list-style-type: none"> <li>● Oblique Low Rows                             <ul style="list-style-type: none"> <li>○ Pulses on each side</li> </ul> </li> </ul>	Back - Place ball at base for support Shoulder - lose the weights Hips - Extend Legs or Criss Cross legs	<i>Love Yourself</i> Justin Bieber 3:54
<b>Stretch</b> <ul style="list-style-type: none"> <li>● Forward Fold</li> </ul>		

## 2016 Q4

### YOGA FLOW

#### FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Plank - 60s Hold               <ul style="list-style-type: none"> <li>○ Challenge feet into TRX straps</li> </ul> </li> <li>● Downward Facing Dog</li> <li>● Cat / Cows</li> <li>● Vinyasa               <ul style="list-style-type: none"> <li>○ Downward Facing Dog→Plank→Chaturanga→Upward Facing Dog (Repeat 3-5 times)</li> </ul> </li> <li>● (Side 1) Three-legged Dog→Knee to chest (repeat 3 times)</li> <li>● Runner's Lunge</li> <li>● Lizard Pose               <ul style="list-style-type: none"> <li>○ Challenge to forearms</li> </ul> </li> <li>● (Side 2) Three-legged Dog→Knee to chest (repeat 3 times)</li> <li>● Runner's Lunge</li> <li>● Lizard Pose               <ul style="list-style-type: none"> <li>○ Challenge to forearms</li> </ul> </li> <li>● Low Crouch</li> <li>● Forward Fold               <ul style="list-style-type: none"> <li>○ Add Rag Doll</li> </ul> </li> <li>● Half Lift →Forward Fold →Full Lift Up →Swan Dive (repeat 3-5 times)</li> <li>● Neck Stretch</li> <li>● Closing Breaths</li> </ul> <p>“Thank you for honoring your body and being true to you.”</p>	<p>Shoulder/ Back - take to barre</p> <p>Back - Barre Back fold or Child's Pose</p> <p>Back - Barre Back fold or Child's Pose Back / prenatal - Stay in Cat / Cows</p> <p>Instability - Leave knee on the mat *can take sequence to the barre* *figure 4 stretch if at the barre*</p> <p>Instability - Leave knee on the mat *can take sequence to the barre* *figure 4 stretch if at the barre*</p>	<p><i>Only Love</i> Ben Howard 4:09</p> <p><i>Touch The Sky</i> Hillsong United 4:22</p> <p><i>Almost Lover</i> A Fine Frenzy 4:29</p>