

2016: Q1

COMBO WORK

FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX:</p> <ul style="list-style-type: none"> ● Chest press w/ mountain climbers ● Tricep Extension ● Horse pose to reverse leg lift <ul style="list-style-type: none"> ○ Grand finale: Warrior III - pulses (R/L) ● Low rows ● Side punch oblique twist (R/L) <ul style="list-style-type: none"> ○ Option to combine 	<p>Difficulty: step toward/away from wall</p> <p>Knees: work higher</p> <p>Balance: too difficult with TRX? Take it to the barre</p> <p>Low back: lower lifted leg towards the ground</p>	<p><i>Run the World (Girls)</i> Beyonce (3:56)</p> <p><i>Get Dirty (feat. Wyclef Jean)</i> Xenia Ghall, Wyclef Jean (4:34)</p> <p><i>Release</i> Timberland & Justin Timberlake (3:25)</p>

2016: Q1

CORE WORK
FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>Core Blast Tabletop hold</p> <ul style="list-style-type: none"> ● Knee windmills <ul style="list-style-type: none"> ○ Challenge: pilates bikes ● Single leg drops <ul style="list-style-type: none"> ○ Add arms above ○ Option: drop opposite arm as leg lowers ● Modified scoops to pilates full body rolls 	<p>Hip: relax lower leg</p> <p>Neck (for pilates bikes): go back to windmills</p> <p>Low back: place ball under hips</p> <p>Pregnant or back: stay in modified scoops</p>	<p><i>Royals</i> Lorde (3:10)</p> <p><i>Sorry</i> Justin Bieber (3:20)</p> <p><i>Hello</i> Adele (4:55)</p> <p>****SONG CONTINUES TO YOGA FLOW SECTION****</p>

