

## WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
Opening Stretch	Work higher and at shoulder height	Move for Me (Santiago & Bushido Dub)  Kaskade & DeadMaud5 (5:16)  Things Can Only Get Better-Landis Remix Cedric Gervals & Howard Jones (4:58)
Core Blast      Wide push-up 1 inch     Spiderman lifts     Downward dog	Take a plank	
Stretch  Barre back fold/downward dog Roll up		



## LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul> <li>Plie Squats (profile right side)</li> <li>1-inch</li> <li>Large range</li> <li>Add arms</li> <li>Alternating heel raises</li> <li>Grand finale: HOLD</li> </ul>	hip/knee: higher squat	Problem Ariana Grande & Iggy Azalea (3:13)
<ul> <li>Powerbase</li> <li>1-inch</li> <li>Hold</li> <li>Add ham curls 10-15 each side</li> <li>Grand finale: HOLD</li> </ul>	Ankle discomfort: lower heels and work in chair squat  Hip: underhand grip and pull bodyweight away from standing leg, lift out of hip	GDFR (feat. Sage the Gemini & Lookas) Flo Rida, Lookas, Sage the Gemini (3:10)
<ul> <li>Plie Squats (profile left side)         <ul> <li>1-inch</li> <li>Large range</li> <li>Add arms</li> </ul> </li> <li>Alternating heel raises         <ul> <li>Grand finale: HOLD</li> </ul> </li> <li>Stretch:         <ul> <li>Heel to seat</li> <li>Triangle</li> <li>Calf stretch</li> </ul> </li> </ul>		Cheerleader Felix Jaehn Remix Radio Edit OMI (3:00)
		Let Me Think About It Ida Corr, Fedde Le Grand (2:31)



### **COMBO WORK**

**FEEL: FIRE** 

	POSTURE	MODIFICATION	MUSIC
TRX:	Chest press w/ mountain climbers Tricep Extension	Difficulty: step toward/away from wall	Run the World (Girls) Beyonce (3:56)
•	Horse pose to reverse leg lift  o Grand finale: Warrior III - pulses (R/L)	Knees: work higher  Balance: too difficult with TRX? Take it to the barre  Low back: lower lifted leg towards the ground	Get Dirty (feat. Wyclef Jean) Xenia Ghall, Wyclef Jean (4:34)
•	Low rows Side punch oblique twist (R/L)  Option to combine		<i>Release</i> Timberland & Justin Timberlake (3:25)



# GLUTE WORK FEEL: CONTROL

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POSTURE	MODIFICATION	MUSIC		
<ul> <li>Standing angle glute work         (side one)</li></ul>	Low back: don't lift leg as high or hinge forward at the waist  Hip: underhand grip the barre and pull away from standing leg	Bootylicious Destiny's Child (3:27)		
(side two)  1 inch bend/extend Large range movement Grand finale: HOLD  Figure four stretch  ****GO GET MATS DURING STRETCH****		Hold Me Up Conrad Sewell (3:26)		
Sumo Glute Bridge  Full range  Pulses  Repeat  Grand finale: HOLD  Stretch: hug knees	Knee: work in a sumo glute bridge  Low back: work with seat closer to mat	Time of Our Lives Pitbull, Ne-yo (3:49)		



### **CORE WORK**

**FEEL: CONNECT** 

POSTURE	MODIFICATION	MUSIC
Core Blast Tabletop hold		Royals Lorde (3:10)
<ul><li>◆ Knee windmills</li><li>○ Challenge: pilates bikes</li></ul>	Hip: relax lower leg  Neck (for pilates bikes): go back to windmills	<i>Sorry</i> Justin Bieber (3:20)
<ul> <li>Single leg drops</li> <li>Add arms above</li> <li>Option: drop opposite arm as leg lowers</li> </ul>	Low back: place ball under hips	Hello
<ul> <li>Modified scoops to pilates full body rolls</li> </ul>	Pregnant or back: stay in modified scoops	Adele (4:55) ****SONG CONTINUES TO YOGA FLOW SECTION****



# YOGA FLOW

**FEEL: BREATHE** 

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POSTURE	MODIFICATION	MUSIC
• Plank (60 seconds)	Shoulder: Plank at the barre	****Hello Adele (4:55)
<ul> <li>Downward dog/childs pose</li> <li>Vinyasa flow (3-5)</li> <li>cobra</li> <li>updog</li> </ul>	Low back: stay in low cobra	
● Pigeon (R/L)	Hold yourself up with hands pressing into the ground. Place ball under hip to keep them level.	
<ul> <li>Corpse Pose (relax 1 minute w/ eyes closed)</li> <li>Roll over to fetal</li> </ul>		<i>City</i> Sara Barielles (4:33)
● Low crouch ○ Forward fold/rag doll ○ IT band stretch		
<ul><li>Roll up</li><li>3 closing breaths</li></ul>		
		A Thousand Years Christina Perri (4:45) ***extra song***