

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"> ● Plie Squat LRM with Twist Reach <ul style="list-style-type: none"> ○ Slower count than portal video ● Running Lunge Side 1 w/ Low Row <ul style="list-style-type: none"> ○ Challenge to add Knee Drive ● Sumo Squat <ul style="list-style-type: none"> ○ Add Pulses in between ○ Challenge to lift to toes ○ Challenge to lift arms ● Running Lunge Side 1 w/ Lat Pull <ul style="list-style-type: none"> ○ Challenge to add Knee Drive <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Sumo Burpee 	<p>Hip: Work Higher in flexion Shoulder: keep arms at low row</p> <p>Shoulders/Wrist/Back: Take to the Barre, Spiderman Lifts</p>	<p><i>Werk</i> CID (2:51)</p> <p><i>Feel It - Steve Aoiki Remix</i> Max Styler, Steve Aoki 3:56</p> <p><i>Grapevine - Tujamo Remix</i> Tiesto, Tujamo 3:21</p>

LEG WORK: POWER

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<ul style="list-style-type: none"> ● Pistol Squat w/ Glider Side 1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Heel Drags ○ GFH **These are now done with TRX, knee over ankle** ● Power Diamond w/ Ball <ul style="list-style-type: none"> ○ 1 Inch ○ Ball Squeezes ○ GFH ● Pistol Squat w/ Glider Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Heel Drags ○ GFH **These are now done with TRX, knee over ankle** ● Stretch <ul style="list-style-type: none"> ○ Heel to Seat, side 1 and 2 ○ Pyramid Pose > Hamstring Stretch Side 1 and 2 	<p>Knees / Hips: Ditch Glider, work in single leg chair</p>	<p><i>Coming in Hot</i> Andy Mineo, Lecrae 3:19</p> <p><i>She Knows How to Love Me (feat. Jess Glynne & Stefflon Don)</i> David Guetta, Jess Glynne, Stefflon Don 3:01</p> <p>—</p>

COMBO WORK: FIRE

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Posture/Movement	Modification/Challenge	Music
<p>Weights</p> <ul style="list-style-type: none"> ● Curtsy w/ Rhomboid Press > Side Lunge w/ High Row (side 1) ● Curtsy w/ Lateral Raise > Side Lunge w/ Frontal Raise (side 2) <p>TRX</p> <ul style="list-style-type: none"> ● Hip Dips Side 1 ● Bicep Curls ● Hip Dips Side 2 <p><i>**Grab the mats, place in islands**</i></p> <ul style="list-style-type: none"> ● Wide Arm Push Ups with Gliders, alternating side to side ● Tricep Push Ups Pulses <p>Stretch</p> <ul style="list-style-type: none"> ● Shoulder stretch ● Tricep Stretch ● Chest opener 		<p><i>New York, What's Happenin'?</i> <i>(feat. Kool Keith)</i> Black Caviar, Kool Keith (3:45)</p> <p><i>Responsibility</i> 116, Sho Baraka, Trip Lee, Derek Minor, Lecrae (3:54)</p> <p><i>Think About You</i> Kygo, Valerie Broussard (3:28)</p>

GLUTE WORK: CONTROL

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Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> ● All 4's w/ Weight Side 1 <ul style="list-style-type: none"> ○ 1 inch ○ LRM Knee to Chest ○ Pulses ● All 4's w/ Weight Side 2 <ul style="list-style-type: none"> ○ 1 inch ○ LRM Knee to Chest ○ Pulses ● Prone Diamond <ul style="list-style-type: none"> ○ Ball Squeezes ○ 1 Inch ○ Pulses ○ GFH <p>Stretch</p> <ul style="list-style-type: none"> ● Child's Pose ● Seated Twist Stretch 		<p style="text-align: center;"><i>Trippin</i> Conro (3:31)</p> <p style="text-align: center;"><i>Like I Love You</i> Lost Frequencies, The NGHBRs (3:10)</p> <p style="text-align: center;">NASA Ariana Grande (3:02)</p> <p style="text-align: center;"><i>Dancing With A Stranger (with Normani)</i> Sam Smith Normani (2:51)</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 <ul style="list-style-type: none"> ○ Challenge to ○ Extend Legs ● Core Push Pulls <ul style="list-style-type: none"> ○ Finish with criss cross legs ● Corkscrews <ul style="list-style-type: none"> ○ Challenge Legs together ● Forearm Plank w/ Knee Taps <p>Stretch: Hug knees in</p>		<p><i>Continues</i> <i>Dancing With A Stranger (with Normani)</i> Sam Smith Normani (2:51)</p> <p><i>Bridges</i> Johnnyswim (3:36)</p> <p><i>Preach</i> John Legend (3:56)</p>

YOGA FLOW: BREATHE

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<ul style="list-style-type: none"> ● 60 Second Plank Hold ● Child's Pose <p>Yoga Flow</p> <ul style="list-style-type: none"> ● Downward Facing Dog ● (Side One) 3 Leg Dog → Low Lunge → Reach → Lizard → 3 Leg Dog ● (Side Two) 3 Leg Dog → Low Lunge → Reach → Lizard → 3 Leg Dog ● Low Crouch → Forward fold → Chair Pose > Half Lift 3X → Roll up <p><i>Turn to face mirrors</i></p> <ul style="list-style-type: none"> ● Neck stretch ● 3 Closing Breaths <p><i>"Thank you for honoring your body today and being true to you"</i></p>		<p><i>(continued)</i> <i>Preach</i> John Legend (3:56)</p> <p><i>Little Giants</i> Roo Panes (4:52)</p> <p><i>Captain</i> Hillsong UNITED, TAYA (5:31)</p>