

# TRUE40<sup>®</sup>

## WARM UP: ENERGY

Posture/Movement	Modification/Challenge	Music
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"> <li>● 3 Breaths</li> <li>● Side Bend Stretch (L/R)</li> <li>● Sumo squat for Cat/Cow</li> <li>● Plie Squat twist stretch</li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>● Alternating Side lunges               <ul style="list-style-type: none"> <li>○ Add chest opener</li> </ul> </li> <li>● Reverse lunge to Plyo Knee Drive - Side 1               <ul style="list-style-type: none"> <li>○ Challenge to add Hop</li> </ul> </li> <li>● Reverse lunge to plyo Knee Drive - Side 2               <ul style="list-style-type: none"> <li>○ Challenge to add Hop</li> </ul> </li> <li>● Box Squat               <ul style="list-style-type: none"> <li>○ Add adductor leg lift, alternating legs</li> </ul> </li> </ul> <p><b>Plank/Push-up Combo</b></p> <ul style="list-style-type: none"> <li>● 60 sec plank               <ul style="list-style-type: none"> <li>○ Challenge to walk hands forward</li> </ul> </li> </ul>	<p><b>Hip:</b> Work Higher in flexion <b>Shoulder:</b> keep arms at low row</p> <p><b>Knees:</b> Work higher and smaller <b>Hips:</b> Lower knee on the drive</p> <p><b>Knees/Back:</b> Work higher and smaller <b>Hips:</b> lose the leg lift and work in box squat <b>Shoulders:</b> Lower arms</p> <p><b>Shoulders/Wrist/Back:</b> Take to the Barre</p>	<p><i>Get Low - The Rebirth in Paris Remix (3:05)</i></p> <p><i>Rich Boy - Quinto remix Galantis, Quintino 3:38</i></p> <p><i>Jungle Bae (feat. Bunji Garlin &amp; MX Prime) 3:28</i></p>

## LEG WORK: POWER

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Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● Curtseys Side 1               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM                   <ul style="list-style-type: none"> <li>▪ Add knee lift</li> </ul> </li> <li>○ Pulses</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Knees / Hips:</b> Work smaller and Higher, don't turn out feet as far</p>	<p><i>The Sweet Escape - Konvict Remix</i> Gwen Stefani, Akon 4:02</p>
<ul style="list-style-type: none"> <li>● TRX Power Base               <ul style="list-style-type: none"> <li>○ 1 Inch</li> <li>○ LRM</li> <li>○ Heel Lowers</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Knees:</b> Work Higher <b>Balance:</b> Take to the barre <b>Ankles:</b> Lower / Hover heels</p>	<p><i>Plain Jane REMIX</i> A\$AP Ferg 3:23</p>
<ul style="list-style-type: none"> <li>● Curtseys Side 2               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM                   <ul style="list-style-type: none"> <li>▪ Add Knee Lift</li> </ul> </li> <li>○ Pulses</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Knees / Hips:</b> Work smaller and Higher, don't turn out feet as far</p>	<p><i>Dinero</i> Jennifer Lopez 3:34</p>
<ul style="list-style-type: none"> <li>● Stretch               <ul style="list-style-type: none"> <li>○ Dancer Stretch side 1</li> <li>○ Piriformis</li> <li>○ Dancer side 2</li> <li>○ Piriformis</li> </ul> </li> </ul>		<p><i>Soy Yo</i> Bomba Estereo 2:40</p>

## COMBO WORK: FIRE

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Posture/Movement	Modification/Challenge	Music
<p><b>Glider s at Stations</b></p> <ul style="list-style-type: none"> <li>● Burpees               <ul style="list-style-type: none"> <li>○ Add on Wide-Arm pushup</li> <li>○ Challenge to add hop</li> </ul> </li> <li>● Wide push-up pulses</li> </ul> <p><b>Weights</b></p> <ul style="list-style-type: none"> <li>● Plié to horse pose with bicep curls</li> <li>● Plié to horse pose with delt fly</li>   <li>● Single Arm Tricep Kickback in Warrior II - side 1</li> <li>● Low Row with LRM chair squat</li> <li>● Single Arm Tricep kickback in Warrior II- side 2</li> </ul> <p>Stretch</p> <ul style="list-style-type: none"> <li>● Shoulder stretch</li> <li>● Tricep Stretch</li> <li>● Chest opener</li> </ul>	<p><b>Back / Shoulder / Wrist:</b> Take at the barre</p> <p><b>Knees / Hips:</b> Work up Higher and smaller <b>Shoulders:</b> lose the weights</p> <p><b>Shoulder:</b> Lower arm or drop the weight <b>Back / Hips:</b> Work more upright</p> <p><b>Knees:</b> Work smaller and Higher <b>Back:</b> Work more upright, lose the LRM squat</p> <p><i>Same as side 1</i></p>	<p>Soy Yo Bomba Estereo (2:40)</p> <p><i>TTU (Too Turnt Up) (feat. Waka Flocka Flame) Flosstradamus (4:02)</i></p> <p><i>Go DJ - Album Version (edited) Lil Wayne (4:42)</i></p> <p><i>Freak On Charming Horses (2:43)</i></p>

## GLUTE WORK: CONTROL

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Posture/Movement	Modifications/Challenge	Music
<ul style="list-style-type: none"> <li>● Standing Angle with Glider - side 1               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Pulses</li> </ul> </li>   <li>● Standing Angle with Glider - side 2               <ul style="list-style-type: none"> <li>○ 1 inch</li> <li>○ LRM</li> <li>○ Pulses</li> </ul> </li>   <li>● Glute Bridge w/ Ball               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Ball Squeezes</li> <li>○ GFH</li> </ul> </li> </ul>	<p><b>Hamstring / Hip:</b> move to bend/press movement</p> <p><b>LRM Hip:</b> Work smaller</p> <p><b>Hamstring / Hip:</b> move to bend/press movement</p> <p><b>LRM Hip:</b> Work smaller</p> <p><b>Knee:</b> Lose the Ball, Lower Hips</p>	<p><i>Spray (feat. Tyga &amp; YG)</i> Sneakk (3:40)</p> <p><i>Jumpshot</i> Dawin (3:29)</p> <p><i>REMEDY</i> Alesso (3:10)</p>
<p>Stretch</p> <ul style="list-style-type: none"> <li>● Hug knees rock side to side</li> <li>● Spinal twist</li> </ul>		<p><i>Radio Silence (with Jovelyn Alice)</i> R3HAB (2:19)</p>

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## CORE WORK: CONNECT

Posture/Movement	Modification/Challenge	Music
<p><b>Core Blast</b></p> <ul style="list-style-type: none"> <li>● Boat pose w/ feet in TRX               <ul style="list-style-type: none"> <li>○ Challenge: add v-up</li> </ul> </li>   <li>● Full body roll up w/ hands in TRX               <ul style="list-style-type: none"> <li>○ Challenge: remove hands from straps</li> </ul> </li>   <li>● Russian twists               <ul style="list-style-type: none"> <li>○ Challenge: squeeze ball between shins</li> </ul> </li> </ul> <p><b>Stretch:</b> Hug knees in</p>	<p><b>Back:</b> place ball behind back</p> <p><b>Hips:</b> take feet out of straps and place on mat</p> <p><b>Prenatal/Postnatal / Back:</b> do modified scoops</p> <p><b>Back:</b> Place ball behind back</p> <p><b>Hips:</b> Extend legs or sit cross-legged</p> <p><b>Shoulders:</b> Drop Weights</p>	<p><i>Radio Silence (with Jovelyn Alice)</i> R3HAB (2:19)</p> <p><i>There You Are</i> ZAYN (3:19)</p> <p><i>Please</i> Noah Kahan (4:12)</p>

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## YOGA FLOW: BREATHE

Posture/Movement	Modification/Challenge	Music
<ul style="list-style-type: none"> <li>● 60 Second Plank Hold               <ul style="list-style-type: none"> <li>○ Challenge: Feet In Straps</li> </ul> </li> <li>● Child's Pose</li> </ul> <p><b>Yoga Flow</b></p> <ul style="list-style-type: none"> <li>● Spinal Flow               <ul style="list-style-type: none"> <li>○ Cat / Cows</li> </ul> </li> <li>● (Side One) Downward Dog → 3 Leg Dog → Pigeon Stretch</li> <li>● (Side Two) Downward Dog → 3 Leg Dog → Pigeon Stretch</li> <li>● (Side One) Seated Side Body Stretch               <ul style="list-style-type: none"> <li>○ Reach for Hamstring Stretch</li> <li>○ Lean back for Quad Stretch</li> </ul> </li> <li>● (Side Two) Seated Side Body Stretch               <ul style="list-style-type: none"> <li>○ Reach for Hamstring Stretch</li> <li>○ Lean back for Quad Stretch</li> </ul> </li> <li>● Low Crouch → Forward fold / IT Band Stretch → Roll up</li> <li>● Neck stretch</li> <li>● 3 Closing Breaths</li> </ul>	<p><b>Back / Prenatal / Postnatal:</b> Drop to knees or Take plank to barre</p> <p><b>Wrist / Shoulder:</b> Drop to forearms</p> <p>*Can do standing at the barre*</p> <p><b>Hips:</b> Can place ball under one hip in pigeon stretch</p> <p><b>Back:</b> Work smaller and higher</p>	<p><i>Please</i> Noah Kahan (4:12) <i>Continued</i></p> <p><i>Kin</i> Penny and Sparrow (3:25)</p> <p><i>Open Space</i> Housefires (7:36) <i>*Will end song early*</i></p>

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<p><i>“Thank you for honoring your body today and being true to you”</i></p>		
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