

2017: Q2

WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
<p>Opening Stretch</p> <ul style="list-style-type: none"> ● base posture <ul style="list-style-type: none"> ○ three opening breaths ○ step wide for cat/cows ○ sumo squat twist (R/L) <p>Aerobics</p> <ul style="list-style-type: none"> ● Sumo Squat w/ alternating twist <ul style="list-style-type: none"> ○ Add knee lift ● Step Backs <ul style="list-style-type: none"> ○ Add arms overhead ● Knee Drives (side one) <ul style="list-style-type: none"> ○ Runner's Lunge hold, twist **This is an old program, do not do this in warm up!** ● Step Backs <ul style="list-style-type: none"> ○ Add arms overhead ● Knee Drives (side two) <ul style="list-style-type: none"> ○ Runner's Lunge hold, twist **This is an old program, do not do this in warm up!** <p>Pushup/Plank Series</p> <ul style="list-style-type: none"> ● Triangle Push-up <ul style="list-style-type: none"> ○ 1 inch ● Tricep Push-up <ul style="list-style-type: none"> ○ LRM ○ Add twisting mountain climber <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● Prayer Stretch ● Roll up 	<p>Hips-work smaller, keep feet planted</p> <p>Back-lift chest</p> <p>Hips-lower knee</p> <p>Back-lift chest Shoulder-lower arms</p> <p>Hips-lower knee</p> <p>Shoulder-separate hands and do tricep pushups</p>	<p><i>Rolling in the Deep (The Aretha Version) - Rosario & Capp House</i> Aretha Franklin, Rafael Rosario, Jay Cappo 7:14</p> <p><i>Light It Up (feat. Nyla & Fuse ODG) - Remix</i> Major Lazer, Nyla, Fuse ODG 2:46</p>

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LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Reverse Chair Squat <ul style="list-style-type: none"> ○ Single Heel Pulses(one at a time) ○ GFH ● Power Diamond <ul style="list-style-type: none"> ○ 1 inch ○ LRM (keep at two-count) ○ Knee Presses ○ GFH ● Incline Chair Squat w/ ball(<i>said incorrectly in the video</i>) <ul style="list-style-type: none"> ○ 1 inch ○ LRM ○ Ball Squeezes <ul style="list-style-type: none"> ■ Challenge: lift to toes <p>Stretch</p> <ul style="list-style-type: none"> ● Heel to Seat Side 1 ● Triangle ● Runner's Lunge ● Heel to Seat Side 2 ● Triangle ● Runner's Lunge 	<p>Knees - work higher Back-use arms to support on back barre</p> <p>Foot/Ankle - hover heels Knees - work up higher, lower into sumo squat</p> <p>Knee-work up higher, remove ball Back - lift chest</p>	<p><i>Tulips</i> Christopher 3:27</p> <p><i>Wobble</i> Flo Rida 3:06</p> <p><i>Plus 1</i> Dex River 3:12</p> <p><i>One Dance</i> Drake, WizKid, Kyla 2:54</p>

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COMBO WORK

FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p>TRX</p> <ul style="list-style-type: none"> ● Chest Press w/ Alternating lunge <p>**Get Mats**</p> <ul style="list-style-type: none"> ● Bicep Rows on Mats <ul style="list-style-type: none"> ○ Move into Bicep Curls ○ Alternate between rows and curls ● TRX Tricep Press (kneeling) <ul style="list-style-type: none"> ○ Move into TRX rollout ○ Alternate between Tricep Press and Rollout <p>STRETCH</p> <ul style="list-style-type: none"> ● Shoulder across body ● Tricep stretch ● Chest Opener 	<p>Shoulder-step away from the barre, smaller movement; can do pushups at the barre</p> <p>Hip-scoot feet out Shoulder-stick with bicep rows Prenatal-do standing or do bicep curls with weights</p> <p>Knees-Stand up Shoulder-tricep pushup at the barre</p>	<p><i>In My Room (feat Ty Dolla \$ign & Tyga)</i> Yellow Claw, Mustard, Ty Dolla \$ign, Tyga 2:48</p> <p><i>Black Magic</i> Little Mix 3:31</p> <p><i>Work Hard, Play Hard</i> Wiz Khalifa 3:41</p>

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CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Criss Cross Leg Lowers w/ Hands in TRX 	<p>Shoulder-remove hands from straps Back/Hip-work higher with legs Prenatal-traditional marches, maybe with ball at shoulder blades</p>	<p><i>Multiplied</i> NEEDTOBREATHE 4:35</p>
<ul style="list-style-type: none"> ● Hip Dips in forearm plank <ul style="list-style-type: none"> ○ Challenge: raise knees into full plank 	<p>Back/Shoulders-take standing at the barre</p>	<p><i>Tongue Tied July</i> Michael Brun, Roy English 3:37</p>
<ul style="list-style-type: none"> ● Swimmers <ul style="list-style-type: none"> ○ Alternate single arm/leg ○ Add lat pull 	<p>Back-work smaller, move either legs or arms (not together) Prenatal- do cat/cows or birddogs</p>	
<ul style="list-style-type: none"> ● Side Plank(side 1) hold 1 min ● Side Plank (side 2) Hold 1 min 	<p>Shoulder-keep knee on the mat or take standing at the barre</p>	<p><i>Uncover</i> Zara Larsson 3:33</p>

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YOGA FLOW
FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank <ul style="list-style-type: none"> ○ Challenge: feet in TRX ● Child's Pose->shoulder reach stretch (side 1 & 2) ● Seated spinal twist (side 1 & 2) ● Downward dog->plank->pushup->cobra or updog vinyasa ● 3-legged dog->lizard pose->runner's lunge->quad stretch (side 1) ● Downward dog->plank->pushup->cobra or updog vinyasa ● 3-legged dog->lizard pose->runner's lunge->quad stretch (side 2) ● Downward dog->plank->pushup->cobra or updog vinyasa ● Walk feet to forward fold ● IT Band stretch (side 1 & 2) ● Roll Up ● Neck Stretch ● 3 Closing Breathes ● "Thank you for honoring your bodies and being true to you." 	<p>Wrist-work on forearms Back/Prenatal-lower knees Shoulder/Back/Prenatal-take standing at the barre</p> <p>cat/cows instead of vinyasa</p>	<p style="text-align: center;"><i>Uncover</i> Zara Larsson 3:33 (continued)</p> <p style="text-align: center;"><i>Samson</i> Regina Spektor 3:09</p> <p style="text-align: center;"><i>All Is Well</i> Austin Basham 4:16</p> <p style="text-align: center;"><i>Lemonade - Ukulele Version</i> Jeremy Passion 3:01</p>