

## 2017 Q3

### WARM-UP: ENERGY

POSTURE	MODIFICATION	MUSIC
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"> <li>● base posture               <ul style="list-style-type: none"> <li>○ three opening breaths</li> <li>○ step wide for cat/cows</li> <li>○ sumo squat twist (R/L)</li> </ul> </li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>● Oblique Reaches in Plie               <ul style="list-style-type: none"> <li>○ Add on Reach overhead</li> </ul> </li> <li>● Charleston side one               <ul style="list-style-type: none"> <li>○ Add on reach down</li> </ul> </li> <li>● Chair Squats               <ul style="list-style-type: none"> <li>○ Add arms up</li> <li>○ Add plyometric lift</li> </ul> </li> <li>● Charleston side two               <ul style="list-style-type: none"> <li>○ Add on reach down</li> </ul> </li> </ul> <p><b>Plank Series</b></p> <ul style="list-style-type: none"> <li>● Plank taps</li> <li>● Downward dog / Plank               <ul style="list-style-type: none"> <li>○ Add pushup</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Barre back fold/downward dog</li> <li>● Roll up</li> </ul>	<p><b>Hip/knee</b> - work higher <b>Shoulder</b> - lower arms</p> <p><b>Hip/Knee</b> - work higher and smaller</p> <p><b>Hip/knee</b> - Work higher <b>Shoulder</b> - lower arms</p> <p><b>Hip/Knee</b> - work higher and smaller</p> <p><b>Back/Shoulder</b> - take standing at the barre</p>	<p><i>Voltage</i> Maddix, Jayden Jaxx 3:04</p> <p><i>Boneless</i> Steve Aoki, Chris Lake, Tujamo 4:30</p> <p><i>Nobody Does it Better</i> Michael Calfan 2:28</p>

## 2017 Q3

### LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Plie squats w/ ball (side one)               <ul style="list-style-type: none"> <li>○ 1-inch movement                   <ul style="list-style-type: none"> <li>■ Add Ball Squeezes</li> </ul> </li> <li>○ Full range movement                   <ul style="list-style-type: none"> <li>■ Add ball over head</li> </ul> </li> <li>○ Side lunge pulses</li> </ul> </li>   <li>● Power Base w/ ball               <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ Full range movement                   <ul style="list-style-type: none"> <li>■ 2-count</li> </ul> </li> <li>○ Ball squeezes</li> </ul> </li>   <li>● Plie squats w/ ball (side two)               <ul style="list-style-type: none"> <li>○ 1-inch movement                   <ul style="list-style-type: none"> <li>▪ Add ball squeeze</li> </ul> </li> <li>○ Full range movement                   <ul style="list-style-type: none"> <li>▪ Add ball over head</li> </ul> </li> <li>○ Side Lunge Pulses</li> <li>○ Grand finale hold</li> </ul> </li>   <li><b>Stretch</b> <ul style="list-style-type: none"> <li>○ Heal to seat</li> <li>○ Wide stance w/ hands at barre or to floor                   <ul style="list-style-type: none"> <li>■ Lift one arm and rotate upper body</li> <li>■ Lift opposite arm and rotate upper body</li> </ul> </li> </ul> </li> </ul>	<p><b>Hip / knee</b> - work higher; turn feet into sumo and hinge forward</p> <p><b>SHoulder</b>-keep ball at chest</p> <p><b>Ankle</b> - lower heel</p> <p><b>Ankles</b> - lower heels, hinge forward to chair squat</p> <p><b>Knees</b> - work higher or lose the ball</p> <p><b>Hip / knee</b> - work higher; turn feet into sumo and hinge forward</p> <p><b>SHoulder</b>-keep ball at chest</p> <p><b>Ankle</b> - lower heel</p>	<p><i>Five More Hours - Deorro X Chris Brown</i> Deorro, Chris Brown 3:32</p> <p><i>Hey Mama (feat. Nicki Minaj, Bebe Rexha &amp; Afrojack)</i> David Guetta 3:12</p> <p><i>Fist Pump, Jump Jump</i> Ying Yang Twins, Greg Tecoz 3:55</p> <p><i>The Mack</i> Nevada, Mark Morrison, Fetty Wap 2:47</p>

## 2017 Q3 COMBO WORK FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p><b>TRX</b></p> <ul style="list-style-type: none"> <li>● Tricep Presses</li> <li>● Roll-outs</li> <li>● Single leg deadlift (side one)</li> <li>● Single leg deadlift (side two)</li> </ul> <p>**Old program, make sure you hold onto both straps, not just one!** (can hold at the stirrups)</p> <ul style="list-style-type: none"> <li>● Single arm row (side one)</li> <li>● Single arm row (side two)</li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Shoulder stretch</li> <li>● Tricep stretch</li> <li>● Chest opener</li> </ul> <p><b>**GRAB MATS DURING STRETCH**</b></p>	<p><b>Difficulty</b> - Step toward / away from wall or use kickstand <b>Shoulder/Elbow</b> - work in tricep push-up at barre</p> <p><b>Shoulders</b> - don't reach arms as high</p> <p><b>Instability</b> - work smaller and higher / do at the barre</p> <p><b>Elbow</b> - work smaller / higher; grab both straps and do low rows</p> <p><b>Elbow</b> - work smaller / higher; grab both straps and do bicep curls</p>	<p><i>The Mack</i> Nevada, Mark Morrison, Fetty Wap 2:47 <i>(continued)</i></p> <p><i>Ritual (feat. Wrabel)</i> Marshmello, Wrabel 3:57</p> <p><i>Be Right There</i> Diplo, Sleepy Tom 3:57</p> <p><i>Try Me (feat. Jennifer Lopez and Matoma)</i></p>

## 2017 Q3

### GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<p><b>***MATS IN ISLANDS***</b></p> <ul style="list-style-type: none"> <li>● Side diamond (side one)               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Pulses</li> <li>○ Reach and pull w/ ball in hand</li> </ul> </li>   <li>● Side diamond (side two)               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Pulses</li> <li>○ Reach and pull w/ ball in hand</li> </ul> </li>   <li>● Figure four/ piriformis stretch</li>   <li>● Glute Bridge               <ul style="list-style-type: none"> <li>○ LRM</li> <li>○ Pulses</li> <li>○ Single Leg GFH (side 1)</li> <li>○ Single Leg GFH (side 2)</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Hug knees rock side to side</li> </ul>	<p><b>Shoulder</b> - place ball under head and lay flat  <b>Hip / Knee</b> - lower feet down to mat, work smaller with the top leg</p> <p><b>Shoulder</b> - place ball under head and lay flat  <b>Hip / Knee</b> - lower feet down to mat, work smaller with the top leg</p> <p><b>Low back</b> - work with seat closer to mat  <b>Knees</b> - walk feet wider or away from seat  <b>GFH</b>-only lift heel</p>	<p><i>Try Me (feat. Jennifer Lopez and Matoma)</i>            Jason Derulo, Jennifer Lopez, Matoma            3:20            (start song over if needed)</p> <p><i>Let Me Love You</i>            SJUR, Chris Crone            3:29</p> <p><i>Booty Bounce</i>            Tujamo, Taio Cruz            3:15</p>

## 2017 Q3

### CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p><b>Core Blast</b></p> <ul style="list-style-type: none"> <li>● Pilates 100's (2x)               <ul style="list-style-type: none"> <li>○ Second time, extend legs for challenge</li> </ul> </li>   <li>● Bicycles               <ul style="list-style-type: none"> <li>○ LRM alternating sides</li> <li>○ Mini ball pulses (side one)                   <ul style="list-style-type: none"> <li>■ Challenge: extend bottom leg</li> </ul> </li> <li>○ Mini ball pulses (side two)                   <ul style="list-style-type: none"> <li>■ Challenge: extend bottom leg</li> </ul> </li> </ul> </li>   <li>● Weighted exchanges</li> <li>● Mini crunches</li>   <li>● Modified Scoops               <ul style="list-style-type: none"> <li>○ Add-on twist w/ arm</li> <li>○ Challenge - Pilates full body rolls</li> </ul> </li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Fold forward and reach for toes</li> </ul>	<p><b>Neck</b> - lower head / neck down to mat  <b>Prenatal</b> - seated with ball at back for support</p> <p><b>Neck</b> - place ball under head  <b>Back</b> - twisting marches  <b>Prenatal</b> - seated twists</p> <p><b>Shoulders</b> - lower weight  <b>Low back</b> - place ball under low back  <b>Hips</b>-extend legs</p> <p><b>Back/core instability</b> - return to scoops</p>	<p><i>Alaska</i>  Maggie Rogers  3:15</p> <p><i>Difference Maker - Easy Coast Version</i>  NEEDTOBREATHE  4:08</p> <p><i>Ophelia</i>  The Lumineers  2:40</p> <p><i>Cool Kids/Riptide (Originally Performed by echosmith and Vance Joy)</i></p>

## 2017 Q3

### YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Plank (60 sec)</li> <li>● Child's pose / downward dog / barre back fold</li> <li>● Cat/Cows</li> <li>● Tail wags</li> <li>● Downward dog/barre back fold</li> <li>● 3 legged-dog side 1 -&gt;runner's lunge-&gt;Crescent lunge -&gt;Warrior II -&gt;Reverse warrior-&gt;Triangle</li> <li>● Wide stance forward fold, walk hands through to opposite side</li> <li>● Downward dog/barre back fold</li> <li>● 3 legged-dog side 2 -&gt;runner's lunge-&gt;Crescent lunge -&gt;Warrior II -&gt;Reverse warrior-&gt;Triangle</li> <li>● Wide stance Forward fold</li> <li>● Low Crouch</li> <li>● Forward Fold rag doll</li> <li>● Roll-up</li> <li>● Neck Stretch <ul style="list-style-type: none"> <li>○ Drop shoulder to ear flexing opposite wrist (R/L)</li> </ul> </li> <li>● 3 closing breaths</li> </ul> <p>"Thank you for honoring your body today and being true to you"</p>	<p><b>Shoulders</b> - lower knees, take at the barre</p> <p><b>Wrist</b> - lower to forearms</p> <p><b>Can</b> take any of this to the barre</p>	<p><i>Winter Song</i> Sara Bareilles, Ingrid Michaelson 4:27</p> <p><i>Run to You</i> Pentatonix 4:26</p>