

TRUE40[®]

2020: Q3 WARM UP: ENERGY

Posture/Movement	Modification	Muscles Used	Music
<p>Welcome / Introduction / Announcements</p> <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"> ● Side Lunge with Knee Drive (R) <ul style="list-style-type: none"> ○ Running man arms ● Plie Side Steps with Ballerina Arms <ul style="list-style-type: none"> ○ Add plie pulses ● Side Lunge with Knee Drive (L) <ul style="list-style-type: none"> ○ Running man arms ● Alternating Standing Oblique Knee Drives <ul style="list-style-type: none"> ○ Challenge: Add hop <p>Plank/Push-up Combo</p> <ul style="list-style-type: none"> ● Downdog to Oblique Knee in (R/L) ● Wide stance plank with alternating leg extension <ul style="list-style-type: none"> ○ Challenge: opposite arm extension <p>Stretch</p> <ul style="list-style-type: none"> ● Downdog→Forward Fold 	<p>Knees / Hips: Work Smaller & Higher up in posture Back / Instability: Do not take knee drive option</p> <p>Knees/Hips: Work Smaller & higher up Back: Work higher</p> <p>Hips: lower knees Shoulders: Lower arms</p> <p>Back/Shoulders: Do push/Pulls at the barre</p> <p>Wrist/Shoulders: Do plank extensions at the barre</p>	<p>Quads, Hamstrings, Inner Thighs, Hips, Abdominals</p> <p>Quads, Glutes, Inner/Outer Thighs</p> <p>Quads, Hamstrings, Inner Thighs, Hips, Abdominals</p> <p>Hip Flexors, Abdominals, Obliques, Calves (plyometric)</p> <p>Abdominals, Obliques Deltoids, Hamstrings</p> <p>Abdominals, Back Extensors</p>	<p><i>Supreme</i> Joey Rumble 2:46</p> <p><i>Turn it Around</i> Merk & Kermont 3:10</p> <p><i>Threnody (Bombs Away Remix)</i> Naeleck 4:07</p>

TRUE40[®]

2020: Q3 LEG WORK: POWER

Posture/Movement	Modification	Muscles Used	Music
<ul style="list-style-type: none"> Power Split Diamond w/ Glider (R) <ul style="list-style-type: none"> 1 inch Heel clicks sliding glider Pulses Challenge: Left back leg GFH TRX Froggers <ul style="list-style-type: none"> 1 inch LRM Challenge: take plyo hop 1 inch LRM Challenge: take plyo hop GFH Power Split Diamond w/ Glider (L) <ul style="list-style-type: none"> 1 inch Heel clicks sliding glider Pulses Challenge: Left back leg GFH 	<p>Knee/Ankle/Foot: Lose the glider, lower heels, or move into power diamond (not split diamond) Hips: turn feet parallel</p> <p>Knee/Foot/Ankle: Turn into TRX incline chair squat</p> <p>Shoulder/Instability: Incline chair at barre</p> <p>Knee/Ankle/Foot: Lose the glider, lower heels, or move into power diamond (not split diamond) Hips: turn feet parallel</p>	<p>Quads, Inner / Outer Thighs, Calves</p> <p>Quads, Hamstrings, Claves</p> <p>Quads, Inner / Outer Thighs, Calves</p>	<p><i>What's Hatnin'</i> Justin Bieber, Future 3:29</p> <p><i>Further Up (Na, Na, Na, Na, Na) - IAmChino Remix</i> Static & Ben El, Pitbull, IAmChino 3:33</p> <p><i>Swagger Jagger</i> Cher Lloyd 3:12</p> <p><i>Smile - Marshall Jefferson Remix</i> Katy Perry, Marshall Jefferson 2:39</p> <p>**(Use 1 min - 1:30 mins for stretch ONLY - Change song once Combo begins)**</p>
<p>Stretch</p> <ul style="list-style-type: none"> Heel to Seat (R/L) Standing Figure Four / Standing Pigeon (R/L) Forward Fold 			

TRUE40[®]

2020: Q3 COMBO WORK: FIRE

Posture/Movement	Modification	Muscles Worked	Music
<p>TRX</p> <ul style="list-style-type: none"> Horse Pose → Pistol Squat Combo w/ Bicep Row (RIGHT) <ul style="list-style-type: none"> Challenge: Keep right leg lifted Horse Pose → Pistol Squat Combo w/ Upright Row (LEFT) <ul style="list-style-type: none"> Challenge: Keep left leg lifted <p>Weights</p> <ul style="list-style-type: none"> Crescent Lunge w/ Low Row → Tricep Kickback (RIGHT) <ul style="list-style-type: none"> Challenge: Take into Warrior 3 tricep rotations Crescent Lunge w/ Reverse Fly → Rhomboid Press (LEFT) <ul style="list-style-type: none"> Challenge: Take into Warrior 3 Rhomboid Presses Modified Jumping Jacks w/ Weights <ul style="list-style-type: none"> Challenge: Jump / Plyo T-arm rotations <p>Stretch</p> <ul style="list-style-type: none"> Shoulder stretch Tricep overhead 	<p>Knee/Hips: Work smaller & higher in posture Shoulder/Instability: take at the barre Shoulder/Neck: turn arms into low row</p> <p>Hip/Knee: Bring feet closer together & work higher in posture</p> <p>Shoulder: Lower weights shoulder height or ditch weights</p>	<p>Quads, Hamstrings, Biceps, Rhomboids, Deltoids, Trapezius</p> <p>Quads, Hamstrings Rhomboids, Lats, Traps Triceps, Biceps</p> <p>Quads, Hamstrings Posterior Delts, Rhomboids, Lats, Chest</p> <p>Total body: Inner/Outer Thigh (abductors), Calves, Core, Lats, Delts, Chest</p>	<p><i>How Deep is Your Love - Calvin Harris & R3hab Remix</i> Calvin Harris, Disciples 4:17</p> <p><i>How You Like That</i> BLACKPINK 3:01</p> <p><i>Antidote - Radio Edit</i> Swedish House Mafia, Knife Party 2:57</p>

TRUE40[®]

• Chest stretch			
-----------------	--	--	--

2020: Q3 GLUTE WORK: CONTROL

Posture/Movement	Modification	Muscles Worked	Music
<ul style="list-style-type: none"> • Standing Glute Dives w/ Ball (RIGHT) <ul style="list-style-type: none"> ○ LRM glute dives ○ Ball squeezes ○ LRM glute dives ○ Pulses in turnout ○ GFH • Standing Glute Dives w/ Ball (LEFT) <ul style="list-style-type: none"> ○ LRM glute dives ○ Ball squeezes ○ LRM glute dives ○ Pulses in turnout ○ GFH • Prone Parallel Glutes <ul style="list-style-type: none"> ○ 1 inch up ○ Pulses up ○ Ball Squeezes w/ thighs on mat ○ Ball Squeeze pulses w/ thighs on mat ○ GFH - squeeze and lift 	<p>Knee/Hamstring: remove ball</p> <p>Hips: make LRM glute dive smaller (abductor/adductor); underhand grip barre and pull body weight over to level hips</p> <p>Prone discomfort/prenatal: Lay supine for traditional glute bridge</p> <p>Low back: lower thighs to mat</p>	<p>Gluteus Medius, Minimus, Maximus, Hamstrings</p> <p>Gluteus Medius, Minimus, Maximus, Hamstrings</p> <p>Gluteus Maximus, Back Extensors, Erector Spinae, Inner Thighs</p>	<p><i>Can't Get Enough</i> J. Cole, Trey Songz 3:46</p> <p><i>Boom Boom</i> Justice Crew 3:07</p> <p><i>WHATS POPPIN (feat. DaBaby, Tory Lanez, & Lil Wayne) Remix</i> Jack Harlow, Tory Lanez 3:47</p> <p><i>Holy (feat. Chance The Rapper)</i> Justin Bieber, Chance the Rapper 3:32</p>
<p>Stretch</p> <ul style="list-style-type: none"> • Child's Pose w/ hands on ball → right / left side body stretch in Child's pose 			

TRUE40[®]

2020: Q3 CORE WORK: CONNECT

Posture/Movement	Modification	Muscles Worked	Music
<p>Core Blast: TRX Plank → Alternating Knee Drops</p> <ul style="list-style-type: none"> TRX Boat Pose Marches <ul style="list-style-type: none"> Challenge: Reverse marches to add more weight to core Butterfly Sit-ups w/ ball Alternating Bicycles w/ ball <p>Stretch</p> <ul style="list-style-type: none"> Reach legs / arms Hug Knees 	<p>Shoulder/Wrist/Back: Keep knees on the mat and do alternating knee lifts Take Plank at Barre</p> <p>Prenatal/Hips/Back: place ball behind low back Instability: take marches lying supine</p> <p>Instability / Prenatal: perform modified scoops Hips: straighten legs</p> <p>Neck: keep head/neck/shoulders flat on mat</p>	<p>Transverse Abdominis, Rectus Abdominis, Erector Spinae & Multifidus, Shoulders</p> <p>Transverse Abdominis, Rectus Abdominis, Psoas</p> <p>Rectus Abdominis, Erector Spinae, Low Back</p> <p>Rectus Abdominis, Internal & External Obliques, Hip Flexors</p>	<p><i>**song continued from stretch**</i> <i>Holy (feat. Chance The Rapper)</i> Justin Bieber, Chance the Rapper 3:32</p> <p><i>Gasoline</i> HAIM 3:13</p> <p><i>Coaster</i> Khalid 3:19</p> <p><i>U Move, I Move (feat. Jhene Aiko)</i> John Legend, Jhene Aiko 3:44</p>

TRUE40[®]

2020: Q3 YOGA FLOW: BREATHE

Posture/Movement	Modification	Muscles Worked	Music
<p>Plank</p> <ul style="list-style-type: none"> ● 60 second hold ● Child's Pose <ul style="list-style-type: none"> ○ Challenge: Downward Dog <p>Spinal Flow: Downward Dog→cobra→updog</p> <ul style="list-style-type: none"> ● Downdog→3-legged dog→Runners Lunge twist→Warrior 2 Hip Opener→Triangle (side one) <ul style="list-style-type: none"> ○ Challenge: bind ● Downdog→3-legged dog→Runners Lunge twist→Warrior 2 Hip Opener→Triangle (side two) <ul style="list-style-type: none"> ○ Challenge: bind ● Low Crouch→Roll Up ● Spinal Flow: Sun Salutations ● Neck Stretch ● 3 Closing Breathes <p><i>"Thank you for honoring your body, and being true to you"</i></p>	<p>Wrist: work on forearms Shoulders/Back/ Prenatal: Lower knees or take plank standing at the barre</p> <p>Prenatal - cat/cows</p> <p>Instability: turn and face the barre, using it for balance support</p>	<p>Erector spinae, Rectus abdominis, Transverse abdominis, Shoulders</p> <p>Hamstrings, calves, chest, shoulders, triceps, upper and lower back</p> <p>Quads, Hamstrings, Hips, shoulders, obliques, inner thighs, groin</p> <p>lower back, hamstrings, calf muscles</p> <p>Full body active stretch / flow</p>	<p>**song continues from stretch in core work** <i>U Move, I Move (feat. Jhene Aiko)</i> John Legend, Jhene Aiko 3:44</p> <p><i>No One Ever Cared for Me Like Jesus</i> Steffany Gretzinger 4:53</p> <p><i>Who Hung the Moon</i> Jamestown Revival 5:03 **will only use about 1-2 mins of this song**</p>